The Bro

COOKBOOK

Aseel Soueid

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CHAPTER

01

Not Your Average Bro (Introduction)

My name is Aseel Soueid and I'm proud to of built a career off being healthy, fit, confident and happy in the most simple, time efficient and effective way possible.

A true bro at heart, right? Well listen up... I was never, and I mean EVER, destined for a path in a career like this and the fact that I'm helping millions of people carve away body fat, build dense lean muscle and conquer their fitness goals to become fit, healthy and confident in their own body, still blows my mind due to the conditions and circumstances I've been dealt with in life. At just 4 years old I was told that I was never going to be the same again and great fitness would be close to impossible to achieve. I was diagnosed with Type 1 Diabetes 22 years ago along with Celiac Disease later on. I was doomed from the start and there was no way that I could achieve a ripped, strong, lean and muscular physique with my disease, or so I've been told my entire life...

At 16 years old, I had enough of all the self-doubt, depression and lack of confidence that I've bestowed on myself. I made it my life's mission to learn everything about fitness but...

Ever since I began my fitness journey, diet advice has been a complicating mess from start to finish. Years ago before fitness became mainstream, dieting has been made out to be bland, boring, disgusting and miserable. After the internet caught a huge fitness trend, nowadays it's far too complicated with crazy recipes to follow, unrealistic meal preps to commit to, formulas and ingredients that a scientist couldn't even read.

This is why I created my YouTube channel that's dedicated to show people how I absolutely crushed my fitness goals and achieved the body of my dreams through simplicity, efficiency and effectiveness, specifically through my diet plans and protocols.

After accumulating tens of millions of views through videos that showcased my diet, and personally helped tens of thousands of people lose weight, cut body fat, gain lean muscle and achieve the best physique of their lives, I promised myself I would continue to help as many people as possible get amazing results through their diet.

To be honest with you, I was also sick and tired of seeing ridiculous, complicated diets and recipes that nobody in their right mind could stay consistent with and create on a daily basis without filling up their pantries with outrageous ingredients that empty out your wallet only to sit there and eventually collect dust (which is probably healthier than what's in them!)

With that being said, I present you The Bro Cookbook, created by a bro, for a bro. This Cookbook will introduce you to the easiest, most effective, delicious meals and recipes that anyone can create. These recipes have been a staple in my diet ever since I started my fitness journey and the best part is that the foods you'll need to create all these meals and recipes are straight to the point, whole foods that will nourish your body, fuel your muscles and help you feel happy, full, satisfied and satiated without having to spend hours in the kitchen or gathering ten different ingredients for a meal.

I appreciate you having an open mind to step back and learn the easy route to the perfect diet plan. I'm here to teach you just how simple this all truly is and to remind you that smart work will always outweigh hard work, any day of the week.

CHAPTER

02

Getting Started

Roll up your sleeves bro and get ready to start making the easiest yet best recipes to lose fat and gain muscle! **First off, you'll need a food scale to weigh out all of the food in each recipe in this Cookbook.** You can purchase one for an extremely cheap price at Amazon or your local big chain grocery store like Walmart. This food scale will allow you to weigh out each ingredient in grams or ounces. If you're unfamiliar with grams or ounces, you can simply convert any unit by googling the amount in x to x unit so you understand exactly how much of the ingredient to weigh out and use for each recipe. With a food scale to weigh out all your foods/ingredients in every recipe, you will have no reason to fail with creating each meal you desire to make. If you require less calories from a specific basic recipe, simply reduce the amount of carbs and/or fat ingredient that is used in the recipe to fit your own calorie and macro needs.

Speaking about your own calorie and macro needs, The Bro Cookbook is not a diet plan so there's absolutely no specific calories or macros that are laid out for you to follow daily however these meals are all suitable to fit in anybody's diet plan every day as long as you personally make them fit in so just keep that in mind! Reduce or adjust anything of your liking which will make a specific meal more macro-friendly to your own dieting situation and calorie needs. **If you'd like me to create you a Diet Plan that tells you exactly how many calories you need to consume and macros you need to follow every day so you can follow these specific meals in this cookbook to hit those assigned numbers, please visit** https://getstarted.aseelsoueid.com/ to sign up for your own personalized plan as mentioned. Signing up to this for your own program paired up with The Bro Cookbook will absolutely be the only two tools you'll ever have to purchase in your fitness journey when it comes to pitch perfect dieting to lose fat and gain muscle.

Listen up bro, each chapter is a compilation of my favorite meals marked under a circumstance that can be very applicable to the recipe.

Don't take the chapter names too serious and lighten up because **fitness is fun** and this is my way of making it even more lighthearted to foreshadow just how easy dieting should be.

My philosophy with eating healthy to lose fat, gain muscle or stay in shape is to simply cut back as much time as possible in the kitchen (so you're consistent), eat wholesome and filling meals (so you're not hungry all the time), and create delicious homemade meals that satisfy your cravings (so you don't overeat on junk or fall off routine). Adapting this philosophy will ensure "food freedom" and finally being able to follow **a diet lifestyle you actually enjoy and follow daily.**

All the recipes in every chapter are my core recipes that have allowed me to achieve the results I have, stay consistent and continue to make progress while enjoying every step of the way. I know this cookbook will help you do the exact same.

Say goodbye to all the stressful, complicated days of dieting bro and let's get started!

CHAPTER

03

For The Bro's Recipes

RECIPE 01

Chipotle Chicken Bowl

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
697	53	69	22	14

INGREDIENTS:

- Cooked Boneless Skinless Chicken Breast - 6 Ounces (cooked)
- Cooked White Rice - 150g
- Canned & Drained Black or Pinto Beans (preferably no salt added) - 65g
- Canned & Drained Sweet Corn (preferably no salt added) - 65g
- Shredded Lettuce - (As much as you desire)
- Diced Tomato - 50g
- Diced Avocado - 100g

COOKING DIRECTIONS:

STEP 1. Dice raw boneless skinless chicken breast into small pieces and cook on medium heat for 15-20 minutes or until fully cooked through. Feel free to season chicken breast with salt, pepper, garlic and onion powder.

Bro Tip: Cook the chicken in bulk so you have a lot prepared in the fridge for when you want to make this recipe later in the week!

STEP 2. Cook white rice in a medium heat pot with boiling water using the conversion of 2 cups water for every 1 cup of dry rice. This typically takes 20-25 minutes but cook until rice is fluffy.

Bro Tip: Cook the rice in bulk so you have a lot prepared in the fridge for when you want to make this recipe later in the week!

STEP 3. Drain canned black or pinto beans and corn using a strainer.

Bro Tip: After you dump the canned black beans and corn in the strainer, run water over them to ensure they've been cleaned to reduce any added sodium to the canned foods.

STEP 4. Dice a tomato along with an avocado into small pieces using a sharp knife and cutting board.

STEP 5. In a big bowl, add in the cooked chicken, white rice, beans, corn, lettuce, tomatoes and avocado. Mix all the ingredients together and enjoy!

Bro Tip: Feel free to use hot sauce, salsa or 0 calorie condiment of choice on your completed meal for more flavor.

RECIPE 02

Ground Beef Burger Bowl

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
616	59	41	23	4

INGREDIENTS:

- 93/7% Lean Ground Beef – 6 Ounces (cooked)
- Cooked White Rice – 100g
- Cooked Mushrooms – 100g
- Cooked Onions – 25g
- 1% Low-Fat Shredded Cheddar Cheese – 28g
- Shredded Lettuce – As much as you desire.
- Diced Tomato – 50g

COOKING DIRECTIONS:

STEP 1. Cook 93/7% lean ground beef on medium heat for 10-15 minutes or until fully cooked through. Feel free to season ground beef with salt, pepper, garlic and onion powder.

Bro Tip: Cook the ground beef in bulk so you have a lot prepared in the fridge for when you want to make this recipe later in the week!

STEP 2. Cook white rice in a medium heat pot with boiling water using the conversion of 2 cups water for every 1 cup of dry rice. This typically takes 20-25 minutes but cook until rice is fluffy.

Bro Tip: Cook the rice in bulk so you have a lot prepared in the fridge for when you want to make this recipe later in the week!

STEP 3. Slice mushrooms and onion into small pieces using a sharp knife and cutting board, then cook on medium heat for 5 minutes or until raw vegetables are fully cooked through to be tender.

STEP 4. In a big bowl, add in the cooked ground beef, white rice, mushrooms and onions, shredded cheddar cheese and lettuce. Mix all the ingredients together and enjoy!

Bro Tip: Feel free to use hot sauce, sugar free sugar ketchup or 0 calorie condiment of choice on your completed meal for more flavor.

RECIPE 03

Ground Turkey Thanksgiving Bowl

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
665	49	45	32	14

INGREDIENTS:

- 93/7% Lean Ground Turkey – 6 Ounces (cooked)
- Cooked Sliced Sweet Potato – 150g
- Cooked Zucchini – 200g
- Sliced Avocado – 100g

COOKING DIRECTIONS:

STEP 1. Cook 93/7% lean ground turkey on medium heat for 10-15 minutes or until fully cooked through. Feel free to season ground turkey with salt, pepper, garlic and onion powder.

Bro Tip: Cook the ground turkey in bulk so you have a lot prepared in the fridge for when you want to make this recipe later in the week!

STEP 2. Slice sweet potato and cook in a medium heat pot with boiling for 15-20 minutes and cook until sweet potato is soft all the way through when poking with a fork.

Bro Tip: Cook the sweet potato in bulk so you have a lot prepared in the fridge for when you want to make this recipe later in the week!

STEP 3. Slice zucchini using a sharp knife and cutting board, then cook on medium heat for 5 minutes or until raw vegetables are fully cooked through to be tender.

STEP 4. Dice an avocado into small pieces using a sharp knife and cutting board.

STEP 5. In a big bowl, add in the cooked ground turkey, sweet potato, zucchini and avocado. Mix all the ingredients together or enjoy each food in it's each corner and enjoy!

Bro Tip: Feel free to use hot sauce or 0 calorie condiment of choice on your completed meal for more flavor.

RECIPE 04

Salisbury Steak Bowl

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
552	57	15	31	3

INGREDIENTS:

- Top Sirloin Steak – 6 Ounces (cooked)
- Cooked Sliced Summer Squash – 200g
- Cooked Mushrooms – 100g
- Cooked Onions – 25g
- 1% Low-Fat Shredded Mozzarella Cheese – 28g

COOKING DIRECTIONS:

STEP 1. Slice sirloin steak in bite-sized pieces and cook top sirloin steak on medium heat for 10-15 minutes or until fully cooked through. Feel free to season steak with salt, pepper, garlic and onion powder.

Bro Tip: Cook top sirloin steak in bulk so you have a lot prepared in the fridge for when you want to make this recipe later in the week!

STEP 2. Slice summer squash, mushrooms and onion into small pieces using a sharp knife and cutting board, then cook on medium heat for 5 minutes or until raw vegetables are fully cooked through to be tender.

STEP 3. In a big bowl, add in the cooked top sirloin steak, summer squash, mushrooms, onions and shredded mozzarella cheese. Mix all the ingredients together and enjoy!

Bro Tip: Feel free to use hot sauce or 0 calorie condiment of choice on your completed meal for more flavor.

RECIPE 05

Saucy Salmon Bowl

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
624	44	57	23	6

INGREDIENTS:

- Salmon – 6 Ounces (cooked)
- Cooked White Rice – 100g
- Cooked Asian Medley Mix (broccoli, sugar snap pea, carrots, pepper and water chest nut mix: originally frozen) – 255g
- Low-Sugar Teriyaki Sauce – 30g
- Low-Sodium Soy Sauce – 15ml

COOKING DIRECTIONS:

STEP 1. Cook salmon on each side for 10-15 minutes on medium heat or until fully cooked through. Feel free to season salmon with salt, pepper, garlic and onion powder.

Bro Tip: Cook pieces of salmon in bulk so you have many pieces prepared in the fridge for when you want to make this recipe later in the week!

STEP 2. Cook white rice in a medium heat pot with boiling water using the conversion of 2 cups water for every 1 cup of dry rice. This typically takes 20-25 minutes but cook until rice is fluffy.

Bro Tip: Cook the rice in bulk so you have a lot prepared in the fridge for when you want to make this recipe later in the week!

STEP 3. Cook frozen Asian medley mix in a medium heat pot with boiling water using the conversion of 1/2 cup water for every 1 cup of frozen vegetables. This typically takes 10-15 minutes but cook until vegetables are tender throughout.

Bro Tip: Cook frozen vegetables in bulk so you have a lot prepared in the fridge for when you want to make this recipe later in the week!

STEP 4. In a medium heat pan, put recipe serving of cooked white rice and cooked Asian medley mix, then include the low-sugar teriyaki sauce and low-sodium soy sauce. Mix together until sauces blend through all the food.

STEP 5. In a big bowl, add in mixed rice and vegetables in sauce, then include the cooked salmon on top. Enjoy!

Bro Tip: Feel free to use hot sauce or 0 calorie condiment of choice on your completed meal for more flavor.

RECIPE 06

Tilapia Bowl Slaw

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
542	54	67	5	9

INGREDIENTS:

- Tilapia – 6 Ounces (cooked)
- Cooked White Rice – 150g
- Cooked Mix Medley Slaw (pre-mixed bagged medley cabbage slaw) – 255g
- Low-Sugar Teriyaki Sauce – 30g
- Low-Sodium Soy Sauce – 15ml
- Red Pepper Flakes – However much you'd like for spice.

COOKING DIRECTIONS:

STEP 1. Cook tilapia on each side for 10-15 minutes on medium heat or until fully cooked through. Feel free to season tilapia with salt, pepper, garlic and onion powder.

Bro Tip: Cook pieces of tilapia in bulk so you have many pieces prepared in the fridge for when you want to make this recipe later in the week!

STEP 2. Cook white rice in a medium heat pot with boiling water using the conversion of 2 cups water for every 1 cup of dry rice. This typically takes 20-25 minutes but cook until rice is fluffy.

Bro Tip: Cook the rice in bulk so you have a lot prepared in the fridge for when you want to make this recipe later in the week!

STEP 3. Cook medley coleslaw mix in medium heat pan for 5 minutes or until coleslaw mix is tender throughout.

STEP 4. In the medium heat pan with the cooked coleslaw mix, include the cooked tilapia and cooked white rice, then include the low-sugar teriyaki sauce, low-sodium soy sauce and red pepper flakes. Mix together until sauces and red pepper flakes blend through all the food.

STEP 5. In a big bowl, add in the tilapia, coleslaw and rice mixed in sauce, then add more red pepper flakes on top of the dish if you like more spice. Enjoy!

Bro Tip: Feel free to use hot sauce or 0 calorie condiment of choice on your completed meal for more flavor.

RECIPE 07

Power Hour Bowl

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
792	58	78	26	17

INGREDIENTS:

- 93/7 Ground Turkey – 6 Ounces (cooked)
- Cooked White Rice – 100g
- Cooked Kale – However Much You'd Like
- Canned Black Beans (No Sodium Added) – 130g
- Canned Sweet Corn (No Sodium Added – 125g
- Salsa – 60g
- Avocado – 50g
- Tomato – 50g
- Low-Sodium Soy Sauce – 15ml

COOKING DIRECTIONS:

STEP 1. Cook 93/7% ground turkey on medium heat for 10-15 minutes or until fully cooked through. Feel free to season ground turkey with salt, pepper, garlic and onion powder.

Bro Tip: Cook the ground turkey in bulk so you have a lot prepared in the fridge for when you want to make this recipe later in the week!

STEP 2. Cook white rice in a medium heat pot with boiling water using the conversion of 2 cups water for every 1 cup of dry rice. This typically takes 20-25 minutes but cook until rice is fluffy.

Bro Tip: Cook the rice in bulk so you have a lot prepared in the fridge for when you want to make this recipe later in the week!

STEP 3. Cook kale on medium heat for 5 minutes or until the raw vegetable is fully cooked through to be tender.

STEP 4. Drain canned black beans and canned corn separately with a strainer.

Bro Tip: While canned food is in a strainer, run water over the food for excess liquid to wash away in order to reduce sodium and look for "no sodium added" when purchasing canned items.

STEP 5. Add cooked ground turkey, white rice, black beans, and corn in the medium heat pan that's cooking the kale.

STEP 6. Stir all the foods together in the medium hot pan for 2-3 minutes.

STEP 7. Dice avocado and tomato in small pieces separately.

STEP 8. In a big bowl, add in the food that was mixed in the pan and mix in the salsa with the food, then add the diced avocado and tomato on top of the dish and enjoy!

Bro Tip: Feel free to use hot sauce or 0 calorie condiment of choice on your completed meal for more flavor.

RECIPE 08

Chicken With Potatoes & Broccoli
(Air Fried or Oven Baked)

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
436	48	43	6	7

INGREDIENTS:

- Boneless Skinless Chicken Breast – 6 ounces
- Gold or White Potato – 200g
- Cooked Broccoli – 170g

COOKING DIRECTIONS:

STEP 1. Butterfly cut boneless skinless chicken breast into one thinner big piece and cook on medium heat for 15-20 minutes (8-10 minutes each side) or until fully cooked through. Feel free to season chicken breast with salt, pepper, garlic and onion powder.

Bro Tip: Cook the chicken in bulk so you have a lot prepared in the fridge for when you want to make this recipe later in the week!

STEP 2. Dice gold or white potato in small pieces and cook gold or white potato by using an air frier or bake potato in an oven at 375 degrees Fahrenheit for 25-30 minutes or until potato is soft when poking through with a knife.

Bro Tip: Cook the potatoes in bulk whether it be in the air fryer or oven, so you have a lot prepared in the fridge for when you want to make this recipe later in the week!

STEP 3. Steam broccoli by putting broccoli florets in a pot with 1 cup of water on medium heat with cover for 8-10 minutes or until the raw vegetable is fully cooked through to be tender.

Bro Tip: Cook the Broccoli in bulk so you have a lot prepared in the fridge for when you want to make this recipe later in the week!

STEP 4. Add the cooked chicken, potatoes and broccoli separately on a plate and enjoy this extremely filling yet delicious meal!

Bro Tip: Feel free to use hot sauce or 0 calorie condiment of choice on your completed meal for more flavor.

RECIPE 09

Beef or Turkey Patties With Potatoes & Broccoli (Air Fried or Oven Baked)

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
536	48	43	16	7

INGREDIENTS:

- 93/7 Ground Beef or 93/7 Ground Turkey – 6 ounces
- Gold or White Potato – 200g
- Cooked Broccoli – 170g

COOKING DIRECTIONS:

STEP 1. Form 4 ounces raw patties of ground beef or ground turkey and on medium heat for 5-10 minutes each side or until fully cooked through. Feel free to season ground beef or ground turkey with salt, pepper, garlic and onion powder.

Bro Tip: Cook the ground beef or ground turkey patties in bulk so you have a lot prepared in the fridge for when you want to make this recipe later in the week!

STEP 2. Dice gold or white potato in small pieces and cook gold or white potato by using an air frier or bake potato in an oven at 375 degrees Fahrenheit for 25-30 minutes or until potato is soft when poking through with a knife.

Bro Tip: Cook the potatoes in bulk whether it be in the air fryer or oven, so you have a lot prepared in the fridge for when you want to make this recipe later in the week!

STEP 3. Steam broccoli by putting broccoli florets in a pot with 1 cup of water on medium heat with cover for 8-10 minutes or until the raw vegetable is fully cooked through to be tender.

Bro Tip: Cook the Broccoli in bulk so you have a lot prepared in the fridge for when you want to make this recipe later in the week!

STEP 4. Add the cooked ground beef or ground turkey patties, potatoes and broccoli separately on a plate and enjoy this extremely filling yet delicious meal!

Bro Tip: Feel free to use hot sauce or 0 calorie condiment of choice on your completed meal for more flavor.

CHAPTER

04

Booty Call Breakfast Recipes

RECIPE 01

Brotein Pancakes

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
590	61	62	10	8

INGREDIENTS:

- Quick Oats – 80g (dry)
- Cartoned Egg Whites – 184g
  OR Separated Egg Whites From Whole Egg – 6 Egg Whites
- 2% Cottage Cheese – 56g
- Whey Protein Powder (Vanilla Flavor Is Best For This Recipe) – 1 Scoop (80-120 calories with 18-25g per scoop)
  (I recommend the Impact Whey by MyProtein, here's the link to get it: https://tidd.ly/2Le8QMm Use code ASEELVIP at checkout for big discount)
- 0 Calorie Artificial Sweetener (Optional) – 1 Tsp

COOKING DIRECTIONS:

STEP 1. In the following order, put quick oats, egg whites, cottage cheese, whey protein powder, then sweetener (optional) in a blender and blend all ingredients together until you get a smooth, thin consistency.

Bro Tip: Use cartoned egg whites to make it much more convenient along with saving yourself a mess that could come with cracking whole eggs and separating the egg whites for this recipe!

STEP 2. Pour batter in blender onto a medium heat pan and cook each side for 45-60 seconds or until each side of the pancake is browned and soft throughout.

STEP 3. Repeat until you use all the batter in the blender, which should yield 4 or 5 medium sized pancakes.

STEP 4. Add all the pancakes on a plate and enjoy these sweet, savory and filling "bro-tein pancakes!

Bro Tip: Feel free to use sugar free syrup which is typically 20-40 calories per serving and include your favorite diced fruit on top of the pancakes if you want to increase the carbs in this dish.

RECIPE 02

Brotein Waffles

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
590	61	62	10	8

INGREDIENTS:

- Quick Oats – 80g (dry)
- Cartoned Egg Whites – 184g
  OR Separated Egg Whites From Whole Egg – 6 Egg Whites
- 2% Cottage Cheese – 56g
- Whey Protein Powder (Vanilla Flavor Is Best For This Recipe) – 1 Scoop (80-120 calories with 18-25g per scoop)
  (I recommend the Impact Whey by MyProtein, here's the link to get it: https://tidd.ly/2Le8QMm Use code ASEELVIP at checkout for big discount)
- 0 Calorie Artificial Sweetener (Optional) – 1 Tsp

COOKING DIRECTIONS:

STEP 1. In the following order, put quick oats, egg whites, cottage cheese, whey protein powder, then sweetener (optional) in a blender and blend all ingredients together until you get a smooth, thin consistency.

Bro Tip: Use cartoned egg whites to make it much more convenient along with saving yourself a mess that could come with cracking whole eggs and separating the egg whites for this recipe!

STEP 2. Pour batter in blender onto a waffle maker and cook each side for 45-60 seconds or until each side of the waffle is browned and soft throughout.

STEP 3. Repeat until you use all the batter in the blender, which should yield 5 or 6 medium sized waffles depending on the size of your waffle maker.

STEP 4. Add all the waffles on a plate and enjoy these sweet, savory and filling "bro-tein waffles!

Bro Tip: Feel free to use sugar free syrup which is typically 20-40 calories per serving and include your favorite diced fruit on top of the waffles if you want to increase the carbs in this dish.

RECIPE 03

Broatmeal

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
450	29	60	11	9

INGREDIENTS:

- Quick Oats – 80g (dry)
- Unsweetened Almond Milk – 10 ounces
- Whey Protein Powder (Flavor Of Choice) – 1 Scoop (80-120 calories with 18-25g per scoop) (I recommend the Impact Whey by MyProtein, here's the link to get it: https://tidd.ly/2Le8QMm Use code ASEELVIP at checkout for big discount)
- Sea Salt (optional) – Dash
- 0 Calorie Artificial Sweetener (Optional) – 1 Tsp
- Fruit Of Choice (optional) – if you'd like to add more carbs to this dish

COOKING DIRECTIONS:

STEP 1. Include quick oats in a bowl, add unsweetened almond milk and cook in the microwave for 3 minutes and 30 seconds.

Bro Tip: Use a bigger bowl so the oatmeal doesn't spill over the side of the bowl when it cooks in the microwave!

STEP 2. Add whey protein powder in cooked oats and mix together.

STEP 3. Add 0 calorie sweetener and sea salt (optional) and mix together.

STEP 4. Include your favorite diced fruit on top of the broatmeal if you want to increase the carbs in this dish or indulge this decadent, creamy meal alone!

RECIPE 04

Avocado Breakfast Burger

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
541	52	23	24	10

INGREDIENTS:

- 93/7 Ground Turkey – 6 Ounces (Cooked Weight)
- Low-Calorie Bread or Bun – 1 Piece
- Avocado – 50g
- Lettuce – 1 Leaf
- Tomato – 1 Slice
- Fat Free Sliced Cheese – 1 Slice
- Sugar Free Ketchup (Optional) – 10g

COOKING DIRECTIONS:

STEP 1. Form ground turkey into 4 ounce patties (uncooked weight) and cook for 5 minutes on each side or until patties are full cooked through.

Bro Tip: Cook patties in bulk and store in the fridge so you have these meal prepped patties for this recipe in the future so it's much quicker and convenient to make!

STEP 2. Include ground turkey patty between low calorie bread or bun.

STEP 3. Include fat free sliced cheese, leaf of lettuce, slice of tomato, and sliced avocado on top of the ground turkey patty, in that specific order.

STEP 4. (Optional): Include sugar free ketchup as desired for taste.

STEP 5. Include the other piece of low calorie bread or bun on top of your toppings and enjoy this decadent, filling and lean breakfast burger!

RECIPE 05

Avocado Egg Bowl

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
481	44	19	25	10

INGREDIENTS:

- Whole Egg – 2 Whole Eggs
- Cartoned Egg Whites or Separated Egg Whites – 184g or 6 separated egg whites
- Avocado – 100g
- Shredded Lettuce – However Much You'd Like
- Diced Tomato – 100g
- Shredded Fat Free Cheddar Cheese – 28g
- Salsa (Optional) – 30g

COOKING DIRECTIONS:

STEP 1. Cook whole eggs and egg whites together (use cartoned egg whites or separate yolk from egg whites if manually cracking eggs for the whites) on a medium heat pan.

STEP 2. Include cooked eggs and egg whites in a bowl.

STEP 3. Include shredded fat free cheddar cheese on top of the hot eggs to melt on top.

STEP 4. Include shredded lettuce, diced tomatoes and sliced avocado on top of the eggs, egg whites and cheese.

STEP 5. (Optional): Include salsa as desired for taste.

STEP 6. Enjoy this savory and delicious meal that will keep you feeling full!

RECIPE 06

BROmelet

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
430	56	16	15	6

INGREDIENTS:

- Whole Egg – 1 Whole Egg
- Cartoned Egg Whites or Separated Egg Whites – 184g or 6 separated egg whites
- Diced Deli Turkey Meat – 56g
- Shredded Fat Free Cheddar Cheese – 28g
- Diced Spinach – One Handful
- Diced Avocado – 50g
- Diced Tomato – 100g
- Salsa (Optional) – 30g

COOKING DIRECTIONS:

STEP 1. Include whole egg and egg whites together in a bowl and mix them thoroughly (use cartoned egg whites or separate yolk from egg whites if manually cracking eggs for the whites)

STEP 2. Spray medium heat pan with 0 calorie cooking spray and include the egg mixture to cook. Move side of the cooked egg to let the run-down mixture on top settle to the sides and cook as a whole omelet formation.

STEP 3. Include diced deli turkey meat, diced spinach, diced avocado and diced tomato on one side/half of the omelet.

STEP 4. Fold the other side/half of the omelet to cover the side/half of the omelet that has all the diced ingredients on top.

STEP 5. Put the omelet on a plate to serve.

STEP 6. (Optional): Include salsa and hot sauce as desired on top of the omelet for taste.

STEP 7. Enjoy this very filling brolicious meal full of protein!

RECIPE 07

Bro Scramble (because omelets take skill to flip)

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
391	56	20	11	4

INGREDIENTS:

- Whole Egg – 1 Whole Egg
- Cartoned Egg Whites or Separated Egg Whites – 184g or 6 separated egg whites
- Low Fat Turkey Sausage – 1 Sausage Link
- Shredded Fat Free Mozzarella Cheese – 28g
- Diced Zucchini – 100g
- Diced Mushrooms – 100g
- Diced Onions – 25g
- Diced Spinach – However much you'd like
- Salsa (Optional) – 30g

COOKING DIRECTIONS:

STEP 1. Spray medium heat pan with 0 calorie cooking spray and include diced turkey sausage to cook for about 2-3 minutes then add in the diced zucchini, diced mushrooms, diced onion, and diced spinach to all cook together for 5-8 minutes or until all vegetables are fully cooked through.

STEP 2. Include whole egg and egg whites together in a bowl and mix them thoroughly (use cartoned egg whites or separate yolk from egg whites if manually cracking eggs for the whites)

STEP 3. Include the egg mixture on top of the cooked turkey sausage and vegetables that are cooking on the medium heat pan. Keep on moving/mixing everything in the pan together with a spatula until the eggs are thoroughly cooked.

STEP 4. Put the egg scramble on a plate.

STEP 5. (Optional): Include salsa as desired on top of the omelet for taste.

STEP 6. Enjoy this delicious scramble any bro can make with ease!

RECIPE 08

Breakfast Brorrito

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
697	85	43	18	14

INGREDIENTS:

- 93/7 Ground Turkey – 6 ounces (cooked weight)
- Cartoned Egg Whites or Separated Egg Whites – 184g or 6 separated egg whites
- Low Calorie Wrap – 1 Wrap
- No-Sodium Added Canned Black Beans – 65g
- No-Sodium Added Canned Corn – 35g
- Shredded Fat Free Cheddar Cheese – 28g
- Diced Tomato – 50g
- Shredded Lettuce – However much you'd like
- Salsa (Optional) – 30g

COOKING DIRECTIONS:

STEP 1. Spray medium heat pan with 0 calorie cooking spray and ground turkey for 8-10 minutes or until full cooked through.

STEP 2. Add egg whites to the cooked ground turkey in the pan (use cartoned egg whites or separate yolk from egg whites if manually cracking eggs for the whites) and cook together until eggs are fully cooked.

STEP 3. Add the cooked ground turkey and egg white mixture in the center of the low calorie wrap.

STEP 4. Add shredded cheddar cheese, canned and drained black beans, corn, diced tomato, and shredded lettuce on top of the cooked egg white and ground turkey mixture.

STEP 5. (Optional): Include salsa and hot sauce on top of all the food inside the wrap.

STEP 6. Fold the wrap in a burrito, sealed to where none of the food falls from the top, bottom or sides.

STEP 7. Enjoy this Broritto, bro! You'll get better at wrapping it up with experience.

RECIPE 09

Bro Breakfast Tacos

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
567	42	57	20	10

INGREDIENTS:

- Whole Egg – 2 Whole Eggs
- Cartoned Egg Whites or Separated Egg Whites – 138g or 4 separated egg whites
- White Or Yellow Corn Tortilla – 4 Tortillas
- Shredded Fat Free Cheddar Cheese – 28g
- Diced Avocado – 50g
- Diced Tomato – 50g
- Shredded Lettuce – However much you'd like
- Salsa (Optional) – 30g

COOKING DIRECTIONS:

STEP 1. Include whole eggs and egg whites together in a bowl and mix them thoroughly (use cartoned egg whites or separate yolk from egg whites if manually cracking eggs for the whites)

STEP 2. Spray medium heat pan with 0 calorie cooking spray and include the egg mixture to cook as a scramble until thoroughly cooked.

STEP 3. Spray 0 calorie cooking spray in a separate medium heat pan and include the white or yellow corn tortillas to cook until browned on each side.

STEP 4. Put the corn tortillas on a plate and evenly add the cooked eggs on top of each tortilla.

STEP 5. Add shredded cheddar cheese, shredded lettuce, diced tomato and diced avocado on top of the cooked eggs in that specific order.

STEP 6. (Optional): Include salsa and hot sauce on top of all the tacos as desired for more flavor.

STEP 7. Enjoy this filling and satisfying meal every taco Tuesday and never feel guilty about it bro!

RECIPE 10

Pepper Eggs In A Hole

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
330	37	12	15	2

INGREDIENTS:

- Whole Egg – 3 Whole Eggs
- Whole Bell Pepper (color of your choice) – 1 Bell Pepper
- Shredded Fat Free Cheddar Cheese – 56g

COOKING DIRECTIONS:

STEP 1. Slice a whole bell pepper starting from the middle to yield three thick slices.

STEP 2. Spray medium heat pan with 0 calorie cooking spray and cook the thick slices of bell pepper on each side until slightly browned.

STEP 3. Crack a whole egg in the middle of each thick slice of bell pepper and season with salt and pepper as desired.

STEP 4. Flip all 3 thick slices of bell pepper with the egg in the middle in order to cook thoroughly on each side.

STEP 5. Include the cooked pepper eggs on a plate to serve and add shredded cheddar cheese evenly distributed on top of each pepper.

STEP 6. Enjoy these delicious pepper eggs in a hole full of brotein that will keep you feeling full!

RECIPE 11

Brovocado Toast

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
399	20	27	25	14

INGREDIENTS:

- Whole Egg – 2 Whole Eggs
- Low Calorie Whole Wheat Bread Or Pita – 2 Slices
- Avocado – 100g
- Diced Onion – 25g
- Diced Tomato – 50g

COOKING DIRECTIONS:

STEP 1. Spray medium heat pan with 0 calorie cooking spray.

STEP 2. Include low calorie whole wheat bread slices or pitas on the pan and brown on each side.

STEP 3. Include the avocado, diced onion and tomato then mash together until thoroughly mixed.

STEP 4. Plate the heated slices of bread or pita then include the avocado mixture on top, evenly spread between both pieces of bread or pitas.

STEP 5. Spray medium head pan with 0 calorie cooking spray and cook both whole eggs sunny side up style.

STEP 6. Once the eggs are fully cooked through, include them on top of the avocado toast then add salt and pepper as desired.

STEP 7. Enjoy this dish on a lovely brunch with no judgement bro!

RECIPE 12

Bro Breakfast Bowl

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
715	57	55	29	6

INGREDIENTS:

- 93/7 Lean Ground Beef – 6 Ounces (cooked weight)
- Whole Egg – 1 Egg
- White Rice – 150g (cooked weight)
- Diced Onion – 25g
- Diced Avocado – 50g
- Diced Tomato – 50g
- Diced Parsley – as desired
- Salsa (optional) – 30g

COOKING DIRECTIONS:

STEP 1. Spray medium heat pan with 0 calorie cooking spray and cook the lean ground beef with the diced onions.

STEP 2. Once the Beef and onion mixture is done cooking, add the whole egg and mix thoroughly until cooked together.

STEP 3. Include the cooked white rice in a bowl then add the beef, onion and egg mixture. On top

STEP 4. Include the diced avocado, tomato and parsley in the bowl on top of everything else.

STEP 5. Add the salsa for taste, along with salt and pepper as desired.

STEP 6. Step 6. Enjoy this brolicious breakfast bowl to start off your day with your lats spread wide!

RECIPE 13

Yogurt Bro Bowl

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
330	37	40	4	5

INGREDIENTS:

- 0% Fat Free Greek Yogurt – 170g
- Whey Protein Powder (Flavor Of Choice But Vanilla Is Recommended) – 1 Scoop (80-120 calories with 18-25g per scoop) (I recommend the Impact Whey by MyProtein, here's the link to get it: https://tidd.ly/2Le8QMm Use code ASEELVIP at checkout for big discount)
- Unsweetened Almond Milk – 4 Ounces
- Diced Banana – ½ Banana
- Diced Strawberries – 100g
- Diced Blueberries – 50g
- 0 Calorie Sweetener (optional) – 1 tsp
- Cinnamon (optional) – ½ tsp

COOKING DIRECTIONS:

STEP 1. Include Greek yogurt in a bowl then add in the unsweetened almond milk and mix together until smooth.

STEP 2. Include the scoop of protein powder, 0 calorie sweetener (optional) and cinnamon (optional) then mix everything together until you get a pudding-like consistency.

STEP 3. Include the diced banana, strawberries and blueberries on top of the yogurt mixture.

STEP 4. Enjoy this super feeling and satisfying yogurt bowl that will cure any bros sweet tooth!

CHAPTER

05

Karen Cooked This Recipes

RECIPE 01

Ground Beef or Ground Turkey Bro Burger

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
319	31	21	9	7

INGREDIENTS:

- 93/7 Lean Ground Beef Or 93/7 Lean Ground Turkey Patty – 3 Ounces (cooked weight)
- Low Calorie Bun Or Bread – 1 Bun
- Fat Free Sliced Cheese – 1 Slice
- Romaine Lettuce – 1 Leaf
- Tomato – 1 Slice
- Sliced Red Onion – 1 Thin Piece
- Reduced Sugar Ketchup (Optional) – 10g
- Mustard (Optional) – However much you'd like

COOKING DIRECTIONS:

STEP 1. Spray medium heat pan with 0 calorie cooking spray and cook the lean ground beef or lean ground turkey patty on each side until thoroughly cooked through.

STEP 2. Put cooked patty in-between one low calorie bun and put a slice of fat free cheese on top.

STEP 3. Put one leaf of romaine lettuce, one slice of tomato, then slice of red onion on top of the patty and cheese.

STEP 4. (Optional) Squirt ketchup and mustard condiments on the other bun for flavor.

STEP 5. Don't ever feel guilty about having a savory burger again and enjoy a classic bro's favorite every day!

RECIPE 02

Kickin' Bro Bourbon Patties With Mashed Sweet Brotatoes

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
660	54	52	8	26

INGREDIENTS:

- 93/7 Lean Ground Beef Or 93/7 Lean Ground Turkey Patty – 6 Ounces (cooked weight)
- Sweet Potato – 200g (Cooked Weight)
- Unsweetened Almond Milk – 4 Ounces
- Peanut Butter – 16g
- Sweet Baby Ray's Kickin' Bourbon Sauce (Low Sugar Version) – 15g (1 Serving)
- Cinnamon – ½ tsp
- 0 Calorie Artificial Sweetener (Optional) – ½ tsp

COOKING DIRECTIONS:

STEP 1. Spray medium heat pan with 0 calorie cooking spray and cook the lean ground beef or lean ground turkey patty on each side until thoroughly cooked through. Keep each patty 3 ounces cooked weight or 4 ounces raw weight (this recipe yields 2 patties)

STEP 2. Smother sweet baby ray's kickin' bourbon sauce or low calorie bourbon sauce on top of the cooked ground beef or turkey patties while they're hot on the pan, right when they're done cooking.

STEP 3. Poke a few holes on a sweet potato and wrap it around a wet paper towel, then cook in the microwave for 6-8 minutes or until fully cooked through.

Bro Tip: Boil many sweet potatoes in a big pot so you've got many prepared in bulk for the future in order to easily make the mashed sweet brotatoes in this recipe!

STEP 4. Once sweet potato is cooked and cooled down, carve out all of it from the skin into a bowl.

STEP 5. Add unsweetened almond milk (recipe calls for 4 ounces but use more if needed to make the mash smoother), peanut butter, cinnamon, artificial sweetener (optional), and salt (optional) then mix everything together until you get a smooth sweet potato mash.

STEP 6. Include the bourbon patties on a plate and serve with the sweet potato mash on the side.

STEP 7. This will cure all cravings as sweet and savory has never tasted so good together!

RECIPE 03

Loaded Brotato

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
435	30	68	5	7

INGREDIENTS:

- Russet Potato – 1 Whole Potato (300g)
- Fat Free Sour Cream – 30g
- Fat Free Cheddar Cheese – 56g
- Turkey Bacon – 2 Pieces (Diced)
- Shredded Lettuce – However much you'd like
- Diced Tomatoes – 50g
- Salsa – 30g

COOKING DIRECTIONS:

STEP 1. Poke a few holes on a russet potato and wrap it around a wet paper towel, then cook in the microwave for 6-8 minutes or until fully cooked through.

Bro Tip: Oven bake many whole russet potatoes so you've got many prepared in bulk for the future in order to easily make these brotatoes in this recipe!

STEP 2. Spray 0 calorie cooking spray on medium heat pan and cook turkey bacon on each side until fully cooked through until crispy, then dice into small pieces.

STEP 3. Slice the entire middle of the cooked potato from top to bottom just until it opens but don't cut fully through.

STEP 4. Inside the cooked potato, include sour cream, cheddar cheese, turkey bacon, shredded lettuce, diced tomato, and salsa (optional) in that specific order.

STEP 5. Enjoy this delicious and filling brotato, bro!

RECIPE 04

Chicken Stir-Fry

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
670	57	78	11	5

INGREDIENTS:

- Boneless Skinless Chicken Breast – 6 Ounces (Cooked Weight)
- White Rice – 200g (Cooked Weight)
- Stir-Fry Vegetable Blend (sugar snap pea, carrot, broccoli, water chestnut mix) – 170g (Cooked Weight)
- Whole Egg – 1 Egg
- Sweet Baby Ray's Sweet Teriyaki Sauce (or low calorie option) – 15g

COOKING DIRECTIONS:

STEP 1. Dice raw boneless skinless chicken breast into small pieces and cook on medium heat for 15-20 minutes or until fully cooked through. Feel free to season chicken breast with salt, pepper, garlic and onion powder.

Bro Tip: Cook the chicken in bulk so you have a lot prepared in the fridge for when you want to make this recipe later in the week!

STEP 2. Cook white rice in a medium heat pot with boiling water using the conversion of 2 cups water for every 1 cup of dry rice. This typically takes 20-25 minutes but cook until rice is fluffy.

Bro Tip: Cook the rice in bulk so you have a lot prepared in the fridge for when you want to make this recipe later in the week!

STEP 3. Cook stir-fry vegetable mix by including servings required for recipe in a bowl and microwave for 4-5 minutes or until fully heated.

Bro Tip: Steam the full bag of frozen vegetables in a medium heat pot with 1 cup of water that's covered for 10-12 minutes or until all the vegetables are fully cooked through, this way you'll have a lot prepared in the fridge for when you want to make this recipe later in the week!

STEP 4. Spray medium heat pan with 0 calorie cooking spray and include the cooked chicken breast, white rice and stir-fry vegetables, then mix everything together for 1-2 minutes.

STEP 5. Add 1 whole egg on top of everything in the pan and mix thoroughly until the egg is mixed and cooked in with all the food.

STEP 6. Add the sweet teriyaki sauce on top and mix thoroughly through until the entire mixture is glazed.

STEP 7. Include the stir-fry mixture in a plate to serve and enjoy with siracha or hot sauce as optional condiments for taste as desired.

STEP 8. Ditch the take out and enjoy this super filling yet delicious bro favorite!

RECIPE 05

Spaghetti And Meatballs

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
709	74	55	23	8

INGREDIENTS:

- 93/7 Lean Ground Beef – 6 Ounces (Cooked Weight)
- Banza Rotini Chickpea Pasta (or similar chickpea protein pasta substitute) – 195g (Cooked Weight)
- Low Sodium Pasta Sauce – 125g
- Fat Free Mozzarella Cheese – 28g

COOKING DIRECTIONS:

STEP 1. Roll raw ground beef into small meatballs.

STEP 2. Spray 0 calorie cooking spray in medium heat pan and fully cook the meatballs until tender throughout.

Bro Tip: Cook the ground beef meatballs in bulk so you have a lot prepared in the fridge for when you want to make this recipe later in the week!

STEP 3. Boil water in a pan and add the chickpea pasta then stir occasionally until fully cooked through.

STEP 4. Dump the pasta and water in a drainer in your sink and include your portion of the pasta on a bowl.

STEP 5. Include cooked meatballs on top of pasta, then add the pasta sauce on top of the ground beef.

STEP 6. Microwave the bowl of pasta, meatballs and sauce for 45 seconds, then mix all the food together until pasta sauce is thoroughly mixed throughout all the ingredients.

STEP 7. Add the fat free mozzarella cheese on top of the dish and enjoy this extremely filling, satisfying and savory which will become your go-to favorite!

RECIPE 06

Chicken Fettucine Alfredo

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
639	71	55	15	11

INGREDIENTS:

- Boneless Skinless Chicken Breast – 6 Ounces (Cooked Weight)
- Banza Fettuccini Chickpea Pasta (or similar chickpea protein pasta substitute) – 195g (Cooked Weight)
- Low Fat Alfredo Sauce – 60g
- Fat Free Mozzarella Cheese – 28g
- Broccoli – 170g (Cooked Weight)

COOKING DIRECTIONS:

STEP 1. Dice chicken breast into small cubes and cook in a medium heat pan sprayed with 0 calorie cooking spray.

Bro Tip: Cook the chicken in bulk so you have a lot prepared in the fridge for when you want to make this recipe later in the week!

STEP 2. Boil water in a pan and add the chickpea pasta then stir occasionally until fully cooked through.

STEP 3. Steam broccoli by putting broccoli florets in a pot with 1 cup of water on medium heat with cover for 8-10 minutes or until the raw vegetable is fully cooked through to be tender.

Bro Tip: Cook the Broccoli in bulk so you have a lot prepared in the fridge for when you want to make this recipe later in the week!

STEP 4. Dump the pasta and water in a drainer in your sink and include your portion of the pasta on a bowl.

STEP 5. Include cooked chicken and steamed broccoli on top of pasta, then add the alfredo sauce on top of all the food.

STEP 6. Microwave the bowl of pasta, chicken, broccoli and sauce for 45 seconds, then mix all the food together until alfredo sauce is thoroughly mixed throughout all the ingredients.

STEP 7. Add the fat free mozzarella cheese on top of the dish and enjoy this perfect meal that will satisfy a classic Italian craving!

RECIPE 07

Chicken Tenders

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
495	67	21	12	0

INGREDIENTS:

- Boneless Skinless Chicken Breast – 6 Ounces (Cooked Weight)
- Low Calorie Bread Crumbs (lowest calorie option) – 56g
- Whole Egg – 1 Egg
- Cartoned Egg Whites – 138g

COOKING DIRECTIONS:

STEP 1. Slice chicken breast into thin, long pieces to resemble a chicken tender.

STEP 2. Include whole egg and egg whites in a bowl, then mix them together.

STEP 3. Include bread crumbs in separate bowl for dipping.

STEP 4. Dip sliced chicken breast in the egg mixture first, then dip them in the bread crumbs on each side.

STEP 5. Spray medium heat pan with 0 calorie cooking spray and cook the chicken tenders dipped in the egg and bread crumbs until the tenders are thoroughly cooked through on each side.

STEP 6. Enjoy this filling, high protein meal that will leave you feeling like a kid again, only you're now making gains bro!

RECIPE 08

Pesto Pasta

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
847	67	64	39	15

INGREDIENTS:

- Boneless Skinless Chicken Breast – 6 Ounces (Cooked Weight)
- Banza Rotini Chickpea Pasta (or similar chickpea protein pasta substitute) – 195g (Cooked Weight)
- Avocado – 100g
- Fat Free Cream Cheese – 28g
- Basil – As much as you'd like
- Lemon – 1 Squeezed
- Lime – 1 Squeezed
- Olive Oil – 15ml
- Water – 4 Ounces
- Spinach – Handful Chopped
- Grape Tomatoes – 100g Diced

COOKING DIRECTIONS:

STEP 1. Dice chicken breast into thin slices and cook in a medium heat pan sprayed with 0 calorie cooking spray.

Bro Tip: Cook the chicken in bulk so you have a lot prepared in the fridge for when you want to make this recipe later in the week!

STEP 2. Boil water in a pan and add the chickpea pasta then stir occasionally until fully cooked through.

STEP 3. Dump the pasta and water in a drainer in your sink and include your portion of the pasta on a bowl.

STEP 4. Add cooked chicken breast slices on top of the pasta in your bowl.

STEP 5. Add avocado, cream cheese, chopped basil, one whole freshly squeezed lemon, lime, olive oil and water in a blender and blend all ingredients together to make the pesto sauce (may need to use more water if sauce is too thick).

STEP 6. Include the homemade pesto sauce on top of the pasta and chicken, then add chopped spinach and diced grape tomatoes on top to garnish.

Bro Tip: Remember to season your dishes with salt and pepper as desired for more flavor.

STEP 7. Indulge on this delicious and wholesome dish without any guilt!

RECIPE 09

Papa B's Brotein Chili (Cooked In Bulk)

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
382	29g	51g	7g	12g

INGREDIENTS:

- 93/7 Lean Ground Beef – 16 Ounces (1 Lb.) (Raw Weight)
- Diced Onion – 1 Whole Onion
- Diced Green Bell Pepper – 1 Whole Green Bell Pepper
- Diced Small Sweet Peppers (Orange, Yellow, Red) – 3 Small Sweet Peppers
- Reduced Sodium Canned Tomato Soup – 2 Large Cans
- Reduced Sodium Chili Beans (In Mild Chili Sauce) – 2 Large Cans
- Reduced Sodium Kidney Beans (In Mild Chili Sauce) – 1 Large Can
- Chili Powder – 1 Tsp
- Salt – 1 Tsp
- Pepper – 1 Tsp

COOKING DIRECTIONS:

STEP 1. Spray large medium heat pan with 0 calorie cooking spray and sauté diced onion, green bell pepper and sweet peppers until tender.

STEP 2. Add lean ground beef to cook with the sautéd vegetables for 5 minutes or until tender and almost fully cooked through.

STEP 3. Add canned tomato soup, chili beans and kidney beans in a big pot that's simmering.

STEP 4. Add lean ground beef and votable mixture into the big pot that has the canned tomato soup, chili beans and kidney beans then mix all ingredients together.

STEP 5. Simmer for 3-4 hours or until fully cooked through making sure you're checking frequently every 20-30 minutes.

STEP 6. After the dish is done cooking, let it stand for 20-30 minutes to cool and stir all the ingredients in the pot every 5 minutes for the next 20 minutes.

STEP 7. Serve one out of the 6 large servings this recipe creates in a bowl and enjoy this heart warming, delicious and filling meal!

Bro Tip: Use a Crock-Pot if you prefer to have a better cooking experience over a large pot if you have one!

CHAPTER

06

One Night Stand Recipes

RECIPE 01

Rice Cakes With Avocado & Sliced Tomato

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
314	5	40	15	8

INGREDIENTS:

- Plain Rice Cake (Lightly salted if preferred): 4 Rice Cakes
- Avocado – 100g
- Tomato – 4 Slices

COOKING DIRECTIONS:

STEP 1. Slice Avocado and Tomato into thin pieces.

STEP 2. Add slice of tomato on top of each rice cake.

STEP 3. Add slices of avocado on top of tomato on the rice cakes.

STEP 4. (optional): Add sea salt and cracked black pepper on top as desired for taste.

STEP 5. Enjoy this super filling and savory snack at any time of the day!

RECIPE 02

Rice Cakes With Sliced Mozzarella & Tomato

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
293	13	33	10	1

INGREDIENTS:

- Plain Rice Cake (Lightly salted if preferred): 4 Rice Cakes
- Fresh Mozzarella – 56g
- Tomato – 4 Slices

COOKING DIRECTIONS:

STEP 1. Slice Mozzarella and Tomato into thin pieces.

STEP 2. Add slice of tomato on top of each rice cake.

STEP 3. Add very thin slices of mozzarella on top of tomato on the rice cakes.

STEP 4. (optional): Add sea salt and cracked black pepper on top as desired for taste.

STEP 5. Enjoy this delicious meal as an appetizer or snack at any time of the day!

RECIPE 03

Peanut Butter Banana Rice Cakes

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
483	12	69	20	4

INGREDIENTS:

- Chocolate Or Caramel Rice Cake – 4 Rice Cakes
- Peanut Butter – 32g
- Banana – ½ Banana
- Cinnamon (optional) – ½ tsp

COOKING DIRECTIONS:

STEP 1. Spread peanut butter evenly on chocolate or caramel rice cakes.

STEP 2. Thinly slice banana and evenly distribute the pieces on top of each rice cake with peanut butter spread.

STEP 3. (optional): Add a dash of ground cinnamon on top of each rice cakes with peanut butter spread and thinly sliced banana to top off with more flavor.

STEP 4. Enjoy this perfect pre-workout snack to get through your workouts full of energy!

RECIPE 04

Green Apple Cinnamon Almond Butter Rice Cakes

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
438	10	64	18	5

INGREDIENTS:

- Apple Cinnamon Rice Cake – 4 Rice Cakes
- Almond Butter – 32g
- Green Apple – ½ Apple

COOKING DIRECTIONS:

STEP 1. Spread almond butter evenly on apple cinnamon rice cakes.

STEP 2. Thinly slice green apple and evenly distribute the pieces on top of each rice cake with almond butter spread.

STEP 3. (optional): Add a dash of ground cinnamon on top of each rice cakes with almond butter spread and thinly sliced green apple to top off with more flavor.

STEP 4. Enjoy this snack at any time to curb a sweet tooth and stay on track!

RECIPE 05

Chocolate Peanut Butter Sludge Rice Cakes

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
450	26	56	15	2

INGREDIENTS:

- Chocolate Rice Cake – 4 Rice Cakes
- Whey Protein Powder (Chocolate Flavor Is Best For This Recipe) – 1 Scoop (80-120 calories with 18-25g per scoop) (I recommend the Impact Whey by MyProtein, here's the link to get it: https://tidd.ly/2Le8QMm Use code ASEELVIP at checkout for big discount)
- Peanut Butter – 16g
- Unsweetened Almond Milk – 4 Ounces

COOKING DIRECTIONS:

STEP 1. Add protein powder, peanut butter and almond milk in a small bowl or cup then mix ingredients altogether until you get a sludge consistency (you may need to use more almond milk than what the recipe calls for).

STEP 2. Crack chocolate rice cakes into pieces and use them to dip into the sludge bowl or cup.

STEP 3. Dip away and enjoy this decadent snack to curb any sweet tooth or chocolate craving!

RECIPE 06

Sliced Apples With Peanut Butter Or Almond Butter

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
294	8	36	16	7

INGREDIENTS:

- Apple (Any Apple Type As Desired) – 1 Apple
- Peanut Butter or Almond Butter – 32g
- Cinnamon (optional) – ½ tsp

COOKING DIRECTIONS:

STEP 1. Thinly slice apple and add a dash of ground cinnamon on top of the sliced apples (optional) to add more flavor

STEP 2. Add peanut butter or almond butter in a small bowl and use as a dip for the sliced apple.

STEP 3. Enjoy this super convenient and quick snack at any time of the day when you're on the go!

RECIPE 07

Celery Sticks And Carrots With Peanut Butter Or Almond Butter

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
284	10	29	16	9

INGREDIENTS:

- Celery – 170g
- Baby Carrots – 170g
- Peanut Butter Or Almond Butter – 32g

COOKING DIRECTIONS:

STEP 1. Slice celery into long pieces.

STEP 2. Include slices of celery and baby carrots in a plate.

STEP 3. Include peanut butter or almond butter in a small bowl.

STEP 4. Enjoy taking this to-go in order to conveniently have a snack whenever!

RECIPE 08

Rice Cakes With Tuna

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
292	23	32	6	1

INGREDIENTS:

- Plain Rice Cake (Lightly salted if preferred): 4 Rice Cakes
- Canned Tuna In Water – 1 Can Drained
- Low Fat Mayonnaise – 15g
- Mustard – 5g
- Tomato – 4 Slices

COOKING DIRECTIONS:

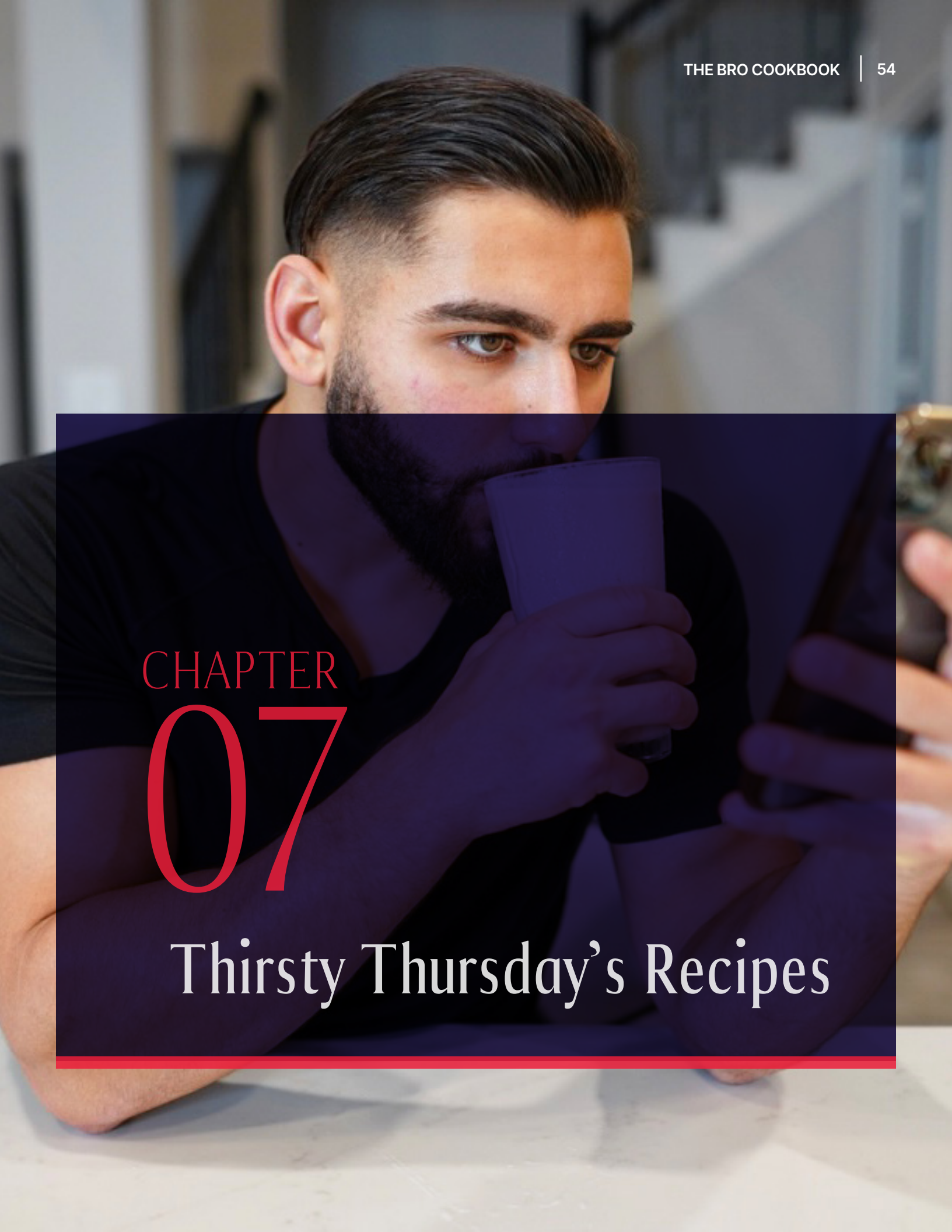
STEP 1. Drain canned tuna in water and add it into a bowl along with including the mayonnaise, mustard, sea salt (optional), and cracked black pepper (optional), then mix the ingredients altogether.

STEP 2. Add thinly sliced tomato on top of each rice cake.

STEP 3. Distribute the tuna mixture evenly on top of all the rice cakes with tomato.

STEP 4. (optional): Add hot sauce as desired for tase.

STEP 5. Enjoy this filling and savory snack at any time of the day that's full of bro-tein!



CHAPTER

07

Thirsty Thursday's Recipes

RECIPE 01

Banana Blueberry Protein Smoothie

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
294	21	44	6	7

INGREDIENTS:

- Whey Protein Powder (Vanilla Flavor Is Best For This Recipe) – 1 Scoop (80-120 calories with 18-25g per scoop) (I recommend the Impact Whey by MyProtein, here's the link to get it: https://tidd.ly/2Le8QMm Use code ASEELVIP at checkout for big discount)
- Frozen Banana – 1 Banana
- Frozen Blueberries – 100g
- Unsweetened Almond Milk – 10 Ounces
- Ice Cubes – Handful
- 0 Calorie Artificial Sweetener (Optional) – 1 Tsp

COOKING DIRECTIONS:

STEP 1. Include frozen banana, blueberries, almond milk, ice cubes, protein powder, and artificial sweetener (optional) in that specific order in a blender.

STEP 2. Blend all ingredients together until thoroughly mixed through for a smooth yet thick consistency.

STEP 3. Enjoy this sweet treat full of protein for a refreshing post-workout!

RECIPE 02

Strawberry Banana Protein Smoothie

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
292	21	45	5	7

INGREDIENTS:

- Whey Protein Powder (Vanilla Flavor Is Best For This Recipe) – 1 Scoop (80-120 calories with 18-25g per scoop) (I recommend the Impact Whey by MyProtein, here's the link to get it: https://tidd.ly/2Le8QMm Use code ASEELVIP at checkout for big discount)
- Frozen Banana – 1 Banana
- Frozen Strawberries – 140g
- Unsweetened Almond Milk – 10 Ounces
- Ice Cubes – Handful
- 0 Calorie Artificial Sweetener (Optional) – 1 Tsp

COOKING DIRECTIONS:

STEP 1. Include frozen banana, strawberries, almond milk, ice cubes, protein powder, and artificial sweetener (optional) in that specific order in a blender.

STEP 2. Blend all ingredients together until thoroughly mixed through for a smooth yet thick consistency.

STEP 3. Enjoy this smoothie to curb any sweet tooth that comes your way!

RECIPE 03

Strawberry Blueberry Protein Smoothie

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
238	20	30	5	6

INGREDIENTS:

- Whey Protein Powder (Vanilla Flavor Is Best For This Recipe) – 1 Scoop (80-120 calories with 18-25g per scoop) (I recommend the Impact Whey by MyProtein, here's the link to get it: https://tidd.ly/2Le8QMm Use code ASEELVIP at checkout for big discount)
- Frozen Strawberries– 140g
- Frozen Blueberries – 100g
- Unsweetened Almond Milk – 10 Ounces
- Ice Cubes – Handful
- 0 Calorie Artificial Sweetener (Optional) – 1 Tsp

COOKING DIRECTIONS:

STEP 1. Include frozen strawberries, blueberries, almond milk, ice cubes, protein powder, and artificial sweetener (optional) in that specific order in a blender.

STEP 2. Blend all ingredients together until thoroughly mixed through for a smooth yet thick consistency.

STEP 3. Enjoy this super filling and sweet smoothie to curb any sweet tooth!

RECIPE 04

Mixed Berry Almond Butter Protein Smoothie

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
360	25	39	15	13

INGREDIENTS:

- Whey Protein Powder (Vanilla Or Chocolate Flavor Is Best For This Recipe) – 1 Scoop (80-120 calories with 18-25g per scoop) (I recommend the Impact Whey by MyProtein, here's the link to get it: https://tidd.ly/2Le8QMm Use code ASEELVIP at checkout for big discount)
- Frozen Mixed Berry Blend – 280g
- Almond Butter – 16g
- Unsweetened Almond Milk – 10 Ounces
- Ice Cubes – Handful
- 0 Calorie Artificial Sweetener (Optional) – 1 Tsp

COOKING DIRECTIONS:

STEP 1. Include frozen mixed berry blend, almond milk, almond butter, ice cubes, protein powder, and artificial sweetener (optional) in that specific order in a blender.

STEP 2. Blend all ingredients together until thoroughly mixed through for a smooth yet thick consistency.

STEP 3. Enjoy this super filling and sweet yet delicate smoothie to keep you fueled for your day!

RECIPE 05

Strawberry Peanut Butter Protein Smoothie

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
330	24	35	13	8

INGREDIENTS:

- Whey Protein Powder (Vanilla Or Chocolate Flavor Is Best For This Recipe) – 1 Scoop (80-120 calories with 18-25g per scoop) (I recommend the Impact Whey by MyProtein, here's the link to get it: https://tidd.ly/2Le8QMm Use code ASEELVIP at checkout for big discount)
- Frozen Strawberries – 280g
- Peanut Butter – 16g
- Unsweetened Almond Milk – 10 Ounces
- Ice Cubes – Handful
- 0 Calorie Artificial Sweetener (Optional) – 1 Tsp

COOKING DIRECTIONS:

STEP 1. Include frozen strawberries, almond milk, peanut butter, ice cubes, protein powder, and artificial sweetener (optional) in that specific order in a blender.

STEP 2. Blend all ingredients together until thoroughly mixed through for a smooth yet thick consistency.

STEP 3. Enjoy this filling smoothie that will become your favorite treat before or after your workouts!

RECIPE 06

Blueberry Almond Butter Protein Smoothie

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
296	23	26	14	6

INGREDIENTS:

- Whey Protein Powder (Vanilla Or Chocolate Flavor Is Best For This Recipe) – 1 Scoop (80-120 calories with 18-25g per scoop) (I recommend the Impact Whey by MyProtein, here's the link to get it: https://tidd.ly/2Le8QMm Use code ASEELVIP at checkout for big discount)
- Frozen Blueberries – 140g
- Almond Butter – 16g
- Unsweetened Almond Milk – 8 Ounces
- Ice Cubes – Handful
- 0 Calorie Artificial Sweetener (Optional) – 1 Tsp

COOKING DIRECTIONS:

STEP 1. Include frozen blueberries, almond milk, almond butter, ice cubes, protein powder, and artificial sweetener (optional) in that specific order in a blender.

STEP 2. Blend all ingredients together until thoroughly mixed through for a smooth yet thick consistency.

STEP 3. Enjoy this easy to make smoothie at any time to curb your sweet tooth!

RECIPE 07

Banana Protein Smoothie

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
235	20	32	4	4

INGREDIENTS:

- Whey Protein Powder (Vanilla Or Chocolate Flavor Is Best For This Recipe) – 1 Scoop (80-120 calories with 18-25g per scoop) (I recommend the Impact Whey by MyProtein, here's the link to get it: https://tidd.ly/2Le8QMm Use code ASEELVIP at checkout for big discount)
- Frozen Banana – 1 Banana
- Unsweetened Almond Milk – 8 Ounces
- Ice Cubes – Handful
- 0 Calorie Artificial Sweetener (Optional) – 1 Tsp

COOKING DIRECTIONS:

STEP 1. Include frozen banana, almond milk, ice cubes, protein powder, and artificial sweetener (optional) in that specific order in a blender.

STEP 2. Blend all ingredients together until thoroughly mixed through for a smooth yet thick consistency.

STEP 3. Enjoy this extremely easy and convenient smoothie at any time of the day!

CHAPTER

08

One Pump Chumps Recipes

RECIPE 01

Egg Bro-rrito

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
342	47	27	7	8

INGREDIENTS:

- Large Low Calorie Wrap (Lowest calorie option) – 1 Wrap
- Whole Egg – 1 Egg
- Cartoned Egg Whites – 184g
- Fat Free Cheddar Cheese – 28g
- Diced Onion – 10g
- Diced Green Bell Pepper – 25g
- Diced Mushroom – 50g
- Diced Spinach – However Much You'd Like

COOKING DIRECTIONS:

STEP 1. Crack whole egg in bowl then mix cartoned egg whites and whisk together. (Add and whisk in splash of unsweetened almond milk to make egg scramble fluffier)

STEP 2. Cook diced onion, pepper, mushroom and spinach in medium heat pan sprayed with 0 calorie cooking spray.

STEP 3. Add egg mixture to medium heat pan with the cooked vegetables until they cook together.

STEP 4. In a separate medium heat pan with 0 calorie cooking spray, heat the large low calorie tortilla on each side until browned.

STEP 5. Add heated tortilla on a plate and then include the egg and vegetable scramble in the middle of the wrap.

STEP 6. Add fat free cheese on top of the scramble then fold the wrap on each side in a burrito formation.

STEP 7. (optional): Use salsa and hot sauce as desired for taste.

STEP 8. Enjoy this delicious, high protein burrito to start your day off strong bro!

RECIPE 02

Bro Breakfast Tacos

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
596	47	60	18	12

INGREDIENTS:

- White Or Yellow Corn Tortillas – 4 Tacos
- Whole Egg – 1 Egg
- Cartoned Egg White – 230g
- Shredded Lettuce – However Much You'd Like
- Diced Tomato – 100g
- Diced Onion – 25g
- Diced Avocado – 75g
- Shredded Fat Free Cheddar Cheese – 28g

COOKING DIRECTIONS:

STEP 1. Crack whole egg in bowl then mix cartoned egg whites and whisk together. (Add and whisk in splash of unsweetened almond milk to make egg scramble fluffier)

STEP 2. Cook egg mixture in medium heat pan sprayed with 0 calorie cooking spray.

STEP 3. In a separate medium heat pan with 0 calorie cooking spray, heat the tortillas on each side until browned.

STEP 4. Add heated tortillas on a plate and then include the egg scramble in the middle of each tortilla.

STEP 5. Add shredded lettuce, diced tomato, onion, avocado and shredded cheese on top of each egg tortilla in that specific order.

STEP 6. (optional): Use salsa and hot sauce as desired for taste.

STEP 7. Forget taco Tuesday and enjoy these delicious, high protein, filling tacos any day of the week!

RECIPE 03

Grilled Cheese

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
230	31	20	2	6

INGREDIENTS:

- Low Calorie Bread (40-70 calories per piece with as high protein as possible) – 2 Slices
- Fat Free Cheddar Cheese Slices – 2 Slices
- Deli Turkey Breast – 112g

COOKING DIRECTIONS:

STEP 1. Cook deli turkey meat on a medium heat pan with 0 calorie cooking spray for 3-4 minutes or until turkey is browned.

STEP 2. Add cheese slices on top of cooked deli turkey meat.

STEP 3. Add cooked deli meat with the slightly melted cheese on top in between 2 slices of the low calorie bread.

STEP 4. Brown each side of the sandwich in a medium heat pan with 0 calorie cooking spray until each side is crisped.

STEP 5. Enjoy this super simple yet high protein grilled cheese without ever feeling guilty about it!

RECIPE 04

Bro Breakfast Pitas

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
457	50	38	10	20

INGREDIENTS:

- Low Calorie/Lower Carb Pita Bread (60-130 calories per piece with as high protein as possible) – 2 Pitas
- Whole Egg – 1 Egg
- Cartoned Egg Whites – 184g
- Diced Red Pepper – 50g
- Diced Cucumber – 50g
- Diced Spinach – However Much You'd Like

COOKING DIRECTIONS:

STEP 1. Crack whole egg in bowl then mix cartoned egg whites and whisk together. (Add and whisk in splash of unsweetened almond milk to make egg scramble fluffier)

STEP 2. Cook egg mixture in medium heat pan sprayed with 0 calorie cooking spray.

STEP 3. In a separate medium heat pan with 0 calorie cooking spray, heat the pitas on each side until browned.

STEP 4. Add heated pitas on a plate and then include the egg scramble either inside the middle of each pita through the fold or right on top of the tortillas to make it an open-faced pita.

STEP 5. Add diced red pepper, cucumber and spinach in the middle of or on top of each egg pita in that specific order.

STEP 6. (optional): Use salsa and hot sauce as desired for taste.

STEP 7. Fresh, tasty and filling meal you'll love to start your day with bro!

RECIPE 05

Overnight Broatmeal Parfait

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
658	36	80	25	15

INGREDIENTS:

- Quick Oats – 80g
- Unsweetened Vanilla Almond Milk – 10 Ounces
- Fat Free Greek Yogurt – 170g (1 serving)
- Sliced Strawberries – 100g
- Blueberries – 50g
- Mixed Nuts – 28g
- Cinnamon (optional) – 1 Tsp
- 0 Calorie Artificial Sweetener – 1 Tsp

COOKING DIRECTIONS:

STEP 1. Add almond milk to the quick oats and cook in the microwave for 3 minutes.

STEP 2. (optional): Add 0 calorie artificial sweetener and cinnamon to cooked oatmeal then mix thoroughly.

STEP 3. Layer sliced strawberries on top of the cooked oatmeal.

STEP 4. Layer Greek yogurt on top of the strawberries and oats.

STEP 5. Layer the blueberries on top of the Greek yogurt.

STEP 6. Layer the mixed nuts on top of the Greek yogurt and blueberries.

STEP 7. Cover the bowl or container of the layered oatmeal parfait and put it in the fridge overnight or for a few hours.

STEP 8. Enjoy this meal the next day at any time or even in a few hours for an extremely satisfying yet filling dessert dish!

RECIPE 06

Turkey Bronini

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
279	33	22	6	6

INGREDIENTS:

- Low Calorie Bread (40-70 calories per piece with as high protein as possible) – 2 Slices
- Fat Free Mozzarella Cheese Slices – 2 Slices
- Deli Turkey Breast – 112g
- Sliced Tomato – 1 Slice
- Low Fat Mayonnaise – 15g

COOKING DIRECTIONS:

STEP 1. Include turkey breast, mozzarella cheese, and tomato slices on top of one side of the low calorie bread in that specific order.

STEP 2. Spread mayonnaise on the other piece of bread and put both slices together as a sandwich.

STEP 3. Cook the sandwich for a few minutes until each side is browned and crisp in either a press griddle (easiest) or medium heat pan with 0 calorie cooking spray.

STEP 4. Enjoy this easy to make panini for lunch or whenever you work up an appetite bro!

RECIPE 07

Turkey Or Roast Beef Sandwich

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
260	29	21	7	7

INGREDIENTS:

- Low Calorie Bread (40-70 calories per piece with as high protein as possible) – 2 Slices
- Fat Free Cheddar Or Mozzarella Cheese Slices – 1 Slice
- Deli Turkey Breast Or Deli Roast Beef – 112g
- Sliced Tomato – 1 Slice
- Romaine Lettuce – 1 Leaf
- Low Fat Mayonnaise – 15g
- Mustard (optional) – However Much You'd Like.

COOKING DIRECTIONS:

STEP 1. Include turkey breast or roast beef, sliced cheese, lettuce and tomato on top of one side of the low calorie bread in that specific order.

STEP 2. Spread mayonnaise and mustard (optional) on the other piece of bread and put both slices together as a sandwich.

STEP 3. Enjoy this super simple and convenient sandwich for a quick lunch bro!

RECIPE 08

Chicken Sandwich

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
388	53	21	7	7

INGREDIENTS:

- Low Calorie Bread (40-70 calories per piece with as high protein as possible) – 2 Slices
- Fat Free Cheddar Or Mozzarella Cheese Slices – 1 Slice
- Grilled Chicken Breast – 6 Ounces (Cooked Weight)
- Sliced Tomato – 1 Slice
- Romaine Lettuce – 1 Leaf
- Onion – 1 Slice
- Slied Pickles – However much You'd Like.
- Reduced Sugar Ketchup – 10g
- Mustard (optional) – However Much You'd Like.

COOKING DIRECTIONS:

STEP 1. Include cooked butterflied chicken breast, sliced cheese, lettuce, tomato, onion and pickle on top of one side of the low calorie bread in that specific order.

STEP 2. Spread ketchup and mustard (optional) on the other piece of bread and put both slices together as a sandwich.

STEP 3. Enjoy this protein packed meal over any drive through to save on load of calories without sacrificing on flavor and fulfillment bro!

RECIPE 09

Chicken Salad

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
573	47	34	28	7

INGREDIENTS:

- Cooked Diced Chicken Breast – 6 Ounces (Cooked Weight)
- Diced Green Grapes – 50g
- Diced Avocado – 50g
- Dried Cranberries – 20g (1/2 serving)
- Mixed Nuts – 14g
- Diced Green Onion – 1 Tbsp
- Low Fat Mayonnaise – 30g (2 servings)

COOKING DIRECTIONS:

STEP 1. Include cooked diced chicken breast, green grapes, avocado, dried cranberries, mixed nuts, green onion and mayonnaise in a bowl in that specific order.

STEP 2. Mix all the ingredients together until mayonnaise is thoroughly mixed.

STEP 3. Enjoy this by itself, as a sandwich, on top of bread or rice cakes but however way you choose to do so, be prepared to fall in love with this go-to recipe bro!

RECIPE 10

Steak Salad

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
549	51	17	30	6

INGREDIENTS:

- Cooked Top Sirloin Steak – 6 Ounces (Cooked Weight)
- Romaine Lettuce – However Much You'd Like.
- Sliced Avocado – 50g
- Sliced Beets – 50g
- Sliced Onion – 25g
- Sliced Bell Peppers – 50g
- Low-Fat Balsamic Vinaigrette – 30ml

COOKING DIRECTIONS:

STEP 1. Add romaine lettuce in a bowl and then add the thinly sliced cooked top sirloin steak, sliced avocado, beets, onion, bell peppers and balsamic vinaigrette in that specific order.

STEP 2. Mix all the ingredients together until balsamic vinaigrette is thoroughly mixed.

STEP 3. Enjoy this extremely filling and delicious meal for a lunch or dinner to stay on top of your grind bro!

RECIPE 11

Cobb Salad

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
631	59	15	35	6

INGREDIENTS:

- Cooked Boneless Skinless Chicken Breast – 6 Ounces (Cooked Weight)
- Iceberg Lettuce – However Much You'd Like.
- Sliced Hard Boiled Egg – 2 Eggs
- Sliced Avocado – 50g
- Grape Tomatoes – 50g
- Mixed Nuts – 14g
- Low-Fat Balsamic Vinaigrette – 30ml

COOKING DIRECTIONS:

STEP 1. Add iceberg lettuce in a bowl and then add the thinly sliced or diced cooked chicken breast, sliced hard boiled eggs, avocado, grape tomatoes, mixed nuts and balsamic vinaigrette in that specific order.

STEP 2. Mix all the ingredients together until balsamic vinaigrette is thoroughly mixed.

STEP 3. Skip on the sneaky high calorie salads that claim to be healthy in restaurants and make this power packed cobb that'll become your go-to favorite bro!

RECIPE 12

Chicken Wrap

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
527	62	34	18	12

INGREDIENTS:

- Low Calorie Flat Wrap (80-150 calories per piece with as high protein as possible) – 1 Wrap
- Cooked Boneless Skinless Chicken Breast – 6 Ounces (Cooked Weight)
- Classic Coleslaw Mix – 1 Handful
- Sliced Avocado – 50g
- Sliced Tomato – 2 Slices
- Fat Free Cheddar Cheese – 28g
- Low-Fat Mayonnaise – 15g
- Mustard (optional) – However Much You'd Like.

COOKING DIRECTIONS:

STEP 1. Include low calorie flat wrap on a plate and add cooked chicken breast, coleslaw mix, sliced avocado, tomato, cheddar cheese, mayonnaise and mustard (optional) in that specific order in the middle of the wrap.

STEP 2. Fold the wrap together on each side to make sure none of the food falls from any corner.

STEP 3. Skip the chicken wrap from McDonalds and make some serious gains with this one as it'll be just as delicious yet much more filling bro!

RECIPE 13

Southwestern Steak Wrap

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
684	72	49	24	12

INGREDIENTS:

- Low Calorie Flat Wrap (80-150 calories per piece with as high protein as possible) – 1 Wrap
- Cooked Top Sirloin Steak – 6 Ounces (Cooked Weight)
- Romaine Lettuce – 1 Handful
- Canned Black Bean (No Sodium Added) – 65g
- Canned Corn (No Sodium Added) – 60g
- Diced Red Pepper – 50g
- Diced Red Onion – 25g
- Fat Free Mozzarella Cheese – 28g
- Dice Parsley – 1 Tbsp
- Low-Fat Mayonnaise – 15g
- Siracha – 5g

COOKING DIRECTIONS:

STEP 1. Include low calorie flat wrap on a plate and add cooked sirloin steak, romaine lettuce, drained canned black beans, corn, diced red pepper, red onion, mozzarella cheese, parsley, mayonnaise and siracha in that specific order in the middle of the wrap.

STEP 2. Fold the wrap together on each side to make sure none of the food falls from any corner.

STEP 3. Spice up your day to get it moving with this flavor packed wrap you're going to get addicted to bro!

CHAPTER

09

Dine And Dash Recipes
(Cheap/On A Budget Meals)

RECIPE 01

Chipotle Bowl

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
718	64	75	17	10

INGREDIENTS:

- Cooked 93/7 Lean Ground Beef Or 93/7 Lean Ground Turkey – 6 Ounces (Cooked Weight)
- Cooked White Rice – 150g (Cooked Weight)
- Canned Black Beans (No Sodium Added) – 65g
- Canned Corn (No Sodium Added) – 60g
- Diced Tomato – 100g
- Diced Red Onion – 25g
- Fat Free Shredded Mozzarella Or Cheddar Cheese – 28g
- Chopped Romaine Lettuce – However much You'd Like
- Salsa – 60g

COOKING DIRECTIONS:

STEP 1. Include cooked white rice, ground beef or ground turkey, black beans, corn, tomato, shredded mozzarella or cheddar cheese, chopped romaine lettuce and salsa in a big bowl in that specific order.

STEP 2. Mix all the ingredients together or keep it ordered as is.

STEP 3. (Optional): Add hot sauce as desired for taste.

STEP 4. Who needs chipotle when you can make this epic homemade version that will make you feel so much better bro!

RECIPE 02

College Bro Bowl

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
670	55	71	16	9

INGREDIENTS:

- Cooked 93/7 Lean Ground Beef Or 93/7 Lean Ground Turkey – 6 Ounces (Cooked Weight)
- Cooked White Rice – 150g (Cooked Weight)
- Canned Black Beans or Pinto Beans (No Sodium Added) – 65g
- Steamed Mixed Vegetables – 85g
- Salsa – 60g

COOKING DIRECTIONS:

STEP 1. Include cooked white rice, lean ground beef or ground turkey, black beans or pinto beans, steamed mixed vegetables and salsa in that specific order in a bowl.

STEP 2. Mix all the ingredients together or keep it ordered as is.

STEP 3. (Optional): Add hot sauce as desired for taste.

STEP 4. Count yourself on never joining the freshmen 15 after including this recipe in your diet bro!

RECIPE 03

Protein Cereal

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
338	25	45	9	7

INGREDIENTS:

- Plain Cheerios – 56g
- Unsweetened Almond Milk – 10 Ounces
- Whey Protein Powder – 1 Scoop

COOKING DIRECTIONS:

STEP 1. Include cheerios in a bowl.

STEP 2. Mix 1 scoop of protein powder with the almond milk in a blender bottle until shake is fully smooth throughout.

STEP 3. Pour the mixed protein powder and almond milk shake in the bowl with cheerios.

STEP 4. This recipe will save your wallet and many unnecessary nights of snacking bro!

RECIPE 04

Hard Boiled Avocado Broast

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
399	20	27	25	14

INGREDIENTS:

- Low Calorie Bread (40-70 calories per piece with as high protein as possible) – 2 Slices
- Hard Boiled Egg – 2 Eggs
- Avocado – 100g
- Diced Red Onion – 25g
- Diced Tomato – 25g
- Fresh Squeezed Lime – ½ Lime

COOKING DIRECTIONS:

STEP 1. Toast low calorie bread slices.

STEP 2. Thinly slice hard boiled eggs.

STEP 3. Add avocado, diced red onion and tomato in a bowl.

STEP 4. Freshly squeeze lime, add sea salt and cracked black pepper then mix until you get a smooth consistency.

STEP 5. Layer the avocado mixture on evenly on top of each piece of toast.

STEP 6. Add sliced hard boiled eggs evenly on top of each piece of toast with the avocado mixture.

STEP 7. Step 7. Enjoy this delicate, budget friendly meal without feeling bad for your wallet as the days of spending a fortune on avocado toast are over bro!

RECIPE 05

Chicken Drumsticks With Potato And Mixed Vegetables

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
731	51	57	7	33

INGREDIENTS:

- Chicken Drumsticks Without Skin (Peeled) – 4 Drumsticks
- Gold Potato – 200g (Cooked Weight)
- Mixed Vegetables (Green Bean, Carrot, Pea Blend) – 170g (Cooked Weight)
- Olive Oil – 15ml

COOKING DIRECTIONS:

STEP 1. Peel skin from chicken drumsticks and thinly slice gold potatoes.

STEP 2. Spray baking pan with 0 calorie cooking spray and pre-heat oven to 425 degrees to bake.

STEP 3. Add sliced gold potatoes in the baking pan and drizzle olive oil on top.

STEP 4. Add mixed vegetables on top of the potatoes.

STEP 5. Add peeled chicken drumsticks on top of the mixed vegetables and potatoes.

STEP 6. Bake in the oven that's finished pre-heating to 425 degrees for 25-30 minutes or until all the food is fully cooked throughout.

Bro Tip: Season each layer of food (potatoes, mixed vegetables, then chicken drumsticks) with sea salt, cracked black pepper, garlic powder, onion powder and lemon pepper seasoning for more flavor.

STEP 7. Enjoy this hearty meal that will cure the largest appetite bro!

RECIPE 06

Chicken Thigh Stir-Fry

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
811	59	88	22	5

INGREDIENTS:

- Cooked Boneless Skinless Chicken Thigh – 6 Ounces (Cooked Weight)
- White Rice – 200g (Cooked Weight)
- Steamed Mixed Vegetables (Green Bean, Carrot, Pea Blend) – 170g (Cooked Weight)
- Whole Egg – 1 Egg
- Sweet Baby Ray's Teriyaki Sauce (Or Low Sugar Option) – 15ml

COOKING DIRECTIONS:

STEP 1. Spray medium heat pan with 0 calorie cooking spray.

STEP 2. Dice cooked chicken thighs in small pieces.

STEP 3. Add in the cooked diced chicken thigh, cooked white rice, and steamed mixed vegetables in the pan and stir all the ingredients together for 2-3 minutes.

STEP 4. Add whole egg on top and mix all the food together until egg is fully cooked through.

STEP 5. Turn off medium heat pan and add teriyaki sauce on top of the food then mix together so everything is fully glazed.

STEP 6. Include stir-fry on a plate to serve.

STEP 7. (optional): Use hot sauce as desired for taste.

STEP 8. Enjoy this simple to make dish that will become your favorite to make when you've got extra chicken thigh and rice previously cooked in bulk!

RECIPE 07

Mexican Beef Bowl

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
726	57	68	25	15

INGREDIENTS:

- Cooked 93/7 Lean Ground Beef – 6 Ounces (Cooked Weight)
- Cooked Brown Rice – 150g (Cooked Weight)
- Canned Black Beans (No Sodium Added) – 65g
- Canned Corn (No Sodium Added) – 60g
- Diced Avocado – 50g
- Halved Cherry Tomatoes – 50g
- Diced Red Bell Pepper – 50g
- Diced Yellow Pepper – 50g
- Diced Onion – 25g
- Chopped Cilantro – 1 Tbsp
- Fresh Squeezed Lime – ½ Squeezed Lime

COOKING DIRECTIONS:

STEP 1. Add in cooked ground beef, brown rice, black beans, corn, avocado, cherry tomatoes, red and yellow bell peppers, onion and chopped cilantro in a big bowl in that specific order.

STEP 2. Freshly squeeze lime on top of the food.

STEP 3. (Optional): Include sea salt, cracked black pepper, hot sauce and siracha on top for flavor as desired.

RECIPE 08

Cheesy Eggs

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
380	48	2	19	0

INGREDIENTS:

- Whole Egg – 2 Eggs
- Cartoned Egg Whites – 184g
- 1% Low Fat Shredded Cheddar Cheese – 56g

COOKING DIRECTIONS:

STEP 1. Crack whole eggs in a bowl and mix in cartoned egg whites.

STEP 2. Add splash of almond milk and whisk the egg mixture together.

STEP 3. Cook the eggs in medium heat pan sprayed with 0 calorie cooking spray and add in the low fat shredded cheddar cheese on top of them right before they get done being fully cooked.

STEP 4. Turn off the heat but cover the pan for 1-2 minutes until the cheese is fully melted on top of the eggs.

STEP 5. Include cheesy eggs on a plate to serve.

STEP 6. (Optional): Add hot sauce as desired for taste.

STEP 7. Enjoy this classic savory meal that is heavy in protein but light on the wallet bro!

RECIPE 09

Peanut Buter And Banana On Toast

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
375	13	49	17	11

INGREDIENTS:

- Low Calorie Bread (lowest calorie option between 40-80 calories per slice) – 2 Slices
- Banana – 1 Banana
- Peanut Butter – 32g

COOKING DIRECTIONS:

STEP 1. Toast bread in a toaster or heat on a pan sprayed with 0 calorie cooking spray until browned on each side.

STEP 2. Spread peanut butter evenly on both slices of low calorie bread.

STEP 3. Slice banana and evenly distribute the slices on top of the bread with peanut butter.

STEP 4. Enjoy this perfect pre-workout snack to fuel you for the best workouts bro!

RECIPE 10

Almond Butter And Cinnamon Apple On Toast

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
365	12	46	19	13

INGREDIENTS:

- Low Calorie Bread (lowest calorie option between 40-80 calories per slice) – 2 Slices
- Apple – 1 Apple
- Almond Butter – 32g
- Cinnamon – 1 Tsp

COOKING DIRECTIONS:

STEP 1. Toast bread in a toaster or heat on a pan sprayed with 0 calorie cooking spray until browned on each side.

STEP 2. Spread almond butter evenly on both slices of low calorie bread.

STEP 3. Slice apple and evenly distribute the slices on top of the bread with almond butter.

STEP 4. Enjoy this perfect pre-workout snack to help you with the perfect pump in the gym bro!

RECIPE 11

Tuna, Rice, Black Beans, Avocado And Salsa

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
530	29	68	17	14

INGREDIENTS:

- Canned Tuan In Water – 1 Can (Drained)
- White Rice – 150g (Cooked Weight)
- Canned Black Beans (No Sodium Added) – 65g
- Avocado – 100g
- Salsa – 60g

COOKING DIRECTIONS:

STEP 1. Drain canned tuna in water and include in a bowl.

STEP 2. Add white rice, and drained canned black beans in the bowl with tuna.

STEP 3. Add mashed avocado and salsa then mix all the ingredients together in the bowl.

STEP 4. Enjoy this easy to make meal without ever having to waste any unnecessary time or money bro!

RECIPE 12

Salmon, Rice, Black Beans, Olive Oil and Salsa

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
511	31	59	17	7

INGREDIENTS:

- Canned Boneless And Skinless Salmon in Water – 1 Can (Drained)
- White Rice – 150g
- Canned Black Beans (No Sodium Added) – 65g
- Olive Oil – 15ml
- Salsa – 60g

COOKING DIRECTIONS:

STEP 1. Drain canned salmon in water and include in a bowl.

STEP 2. Add white rice, and drained canned black beans in the bowl with salmon.

STEP 3. Add olive oil and salsa then mix all the ingredients together in the bowl.

STEP 4. Enjoy this flavorful and savory meal on a budget that will keep you full throughout the day bro!

RECIPE 13

Ham Or Turkey And Cheese Veggie Rolls

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
246	27	11	11	2

INGREDIENTS:

- Deli Ham Or Turkey Meat – 112g (In Slices)
- Cubed Colby And Monterey Jack Cheese – 30g (1 Serving/7 Cubes)
- Sliced Cucumber – As Much As You'd Like.
- Sliced Tomato – 100g

COOKING DIRECTIONS:

STEP 1. Add deli ham or turkey, cubed cheese, sliced cucumber and tomato in that specific order on a tooth pick to hold all the food together.

STEP 2. Enjoy this easy to make snack to keep you on your goals at any occasion bro!

RECIPE 14

Bro Breakfast Bagel

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
611	42	61	19	41

INGREDIENTS:

- Low Calorie Thin bagel (80-120 Calories Per Bagel) – 2 Bagels
- Whole Egg – 1 Egg
- Cartnoed Egg White – 184g
- Turkey Bacon – 2 Slices
- Fat Free Cheddar Cheese Slices – 2 Slices
- Romaine Lettuce – 2 Leafs
- Sliced Avocado – 50g
- Sliced Tomato – 2 Slices

COOKING DIRECTIONS:

STEP 1. Toast low calorie bagel thins or heat on a medium heat pan with 0 calorie cooking spray until browned on each side.

STEP 2. Crack whole egg in a bowl and add in cartoned egg white then whisk together with a splash of almond milk (optional) to make mixture more smooth.

STEP 3. Cook egg mixture in medium heat pan with 0 calorie cooking spray until eggs fully cooked through.

STEP 4. Cook slices of turkey bacon in a medium heat pan with 0 calorie cooking spray until they're crispy.

STEP 5. Include bagel thins in a plate to serve and add cooked eggs, sliced fat free cheddar cheese, cooked turkey bacon, leaf of romaine lettuce, sliced tomato and avocado on each bagel in that specific order to make 2 full breakfast bagels (distribute ingredients evenly on each bagel).

STEP 6. Enjoy this perfect meal to start your day and you'll never think about hitting the drive through after making this bro!

CHAPTER

10

Wine And Dine Recipes

RECIPE 01

Ground Turkey Or Ground Beef Stuffed Bell Peppers

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
851	80	92	17	8

INGREDIENTS:

- Cooked 93/7 Lean Ground Beef Or 93/7 Lean Ground Turkey – 6 Ounces (Cooked Weight)
- Whole Bell Pepper (Green, Red, Yellow Or Orange Color Of Choice) – 2 Bell Pepper
- Cooked Diced Onion – 50g
- Cooked White Rice – 200g (Cooked Weight)
- Tomato Paste – 30g
- Fat Free Ricotta Cheese – 62g
- Fat Free Mozzarella Or Cheddar Cheese – 56g

COOKING DIRECTIONS:

STEP 1. Pit the top of the whole bell pepper colors of choice, so there is placement to stuff them from the top.

STEP 2. Include cooked ground beef or turkey, onion, white rice, tomato paste, ricotta and mozzarella or cheddar cheese in a bowl and mix the foods together thoroughly.

STEP 3. Stuff the whole bell peppers with the food mixed together from the very top until each pepper is evenly stuffed.

STEP 4. Preheat oven to 450 degrees and add stuffed bell peppers in a baking tray that's sprayed with 0 calorie cooking spray.

STEP 5. Bake the stuffed bell peppers at 450 degrees for 15-20 minutes or until the bell peppers are soft and fully cooked from the outside.

STEP 6. Enjoy this savory and filling meal to curb any hunger bro!

RECIPE 02

Cheese And Artichoke Stuffed Chicken Breasts

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
477	76	15	8	4

INGREDIENTS:

- Boneless Skinless Chicken Breast – 8 Ounces
- Fat Free Cream Cheese – 28g
- Fat Free Ricotta Cheese – 62g
- Fat Free Mozzarella Cheese – 28g
- Chopped Artichoke Hearts (Ready In Jar Drained) – 85g
- Chopped Spinach – 1 Handful

COOKING DIRECTIONS:

STEP 1. Butterfly big piece of boneless skinless chicken breast (slit the middle from top to bottom just enough to where you can open entire chicken breast)

STEP 2. Evenly distribute layer of fat free cream cheese and ricotta cheese inside the chicken breast.

STEP 3. Evenly distribute chopped artichoke and spinach inside the chicken breast on top of the cream cheese and ricotta.

STEP 4. Preheat the oven to 450 degrees and close the chicken breast so it's one stuffed piece.

STEP 5. Bake the stuffed chicken breast in the oven at 450 degrees for 20-25 minutes or until the chicken breast is fully cooked through.

STEP 6. Add the mozzarella cheese on top of the stuffed chicken breast 2-3 minutes before it's done cooking then place it back in the oven to finish and melt the cheese on top.

STEP 7. Serve stuffed chicken breast on a plate and feel free to use hot sauce as desired for more flavor (optional).

Bro Tip: Make many of these stuffed chicken breasts all at once and cook in bulk with a large baking tray in order to have a lot leftover for the rest of your week for a quick filling meal without having to prep at all!

RECIPE 03

Mediterranean Chicken Skewers

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
526	62	16	23	5

INGREDIENTS:

- Boneless Skinless Chicken Breast – 8 Ounces
- Sliced Onions – 50g
- Sliced Green Bell Pepper – 50g
- Sliced Red Bell Pepper – 50g
- Whole Mushrooms – 100g
- Sliced Zucchini – 100g
- Olive Oil – 15ml

COOKING DIRECTIONS:

STEP 1. Dice boneless skinless chicken breast into cubes.

STEP 2. Use a long skewer and add in the cubed chicken breast, sliced bell onion, green and red bell pepper, mushroom and zucchini in whatever order you'd like.

STEP 3. Drizzle and rub olive oil on the food on the long skewer,

STEP 4. Pan sear or grill the chicken and vegetable skewers for 20-25 minutes rotating each side frequently or until chicken is fully cooked through.

STEP 5. Serve on a dish once skewers are fully cooked.

Bro Tip: Prepare these skewers in bulk so you have a lot of these prepared for the week to include with any other carb source as this is the perfect high protein, high volume packed meal full of lean meat and vegetables!

RECIPE 04

Mediterranean Beef Skewers

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
523	52	16	29	5

INGREDIENTS:

- Lean Cubed Beef Stew Red Meat – 6 Ounces
- Sliced Onions – 50g
- Sliced Green Bell Pepper – 50g
- Sliced Red Bell Pepper – 50g
- Whole Mushrooms – 100g
- Sliced Zucchini – 100g
- Olive Oil – 15ml

COOKING DIRECTIONS:

STEP 1. Use a long skewer and add in the pre-cubed stew meat, sliced bell onion, green and red bell pepper, mushroom and zucchini in whatever order you'd like.

STEP 2. Drizzle and rub olive oil on the food on the long skewer,

STEP 3. Pan sear or grill the beef and vegetable skewers for 15-20 minutes rotating each side frequently or until beef is fully cooked through.

STEP 4. Serve on a dish once skewers are fully cooked.

Bro Tip: Prepare these skewers in bulk so you have a lot of these prepared for the week to include with any other carb source as this is the perfect high protein, high volume packed meal full of lean meat and vegetables!

RECIPE 05

Chicken Parmesan

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
805	83	60	22	4

INGREDIENTS:

- Boneless Skinless Chicken Breast – 8 Ounces
- Whole Egg – 2 Eggs
- Breadcrumbs – 56g
- Traditional Tomato Sauce (Ragu, Prego, Etc.) – 125g
- Fat Free Mozzarella Cheese – 28g

COOKING DIRECTIONS:

STEP 1. Butterfly big piece of boneless skinless chicken breast (slit the middle from top to bottom just enough to where you can open entire chicken breast so it's thinner and cooks easier)

STEP 2. Whisk whole eggs with a splash of almond milk (optional) in a bowl.

STEP 3. Add breadcrumbs in a separate bowl.

STEP 4. Spray 0 calorie cooking spray in medium heat pan.

STEP 5. Dip butterflied chicken breast in whisked eggs then dip it in the breadcrumbs until the full piece of chicken breast is covered.

STEP 6. Cook each side of the chicken breast covered in breadcrumbs for 8-10 minutes or until each side is fully seared and almost fully cooked.

STEP 7. Stee 7: Include foil in a baking pan until it's fully covered and spray the foil with 0 calorie cooking spray, then preheat the oven to 450 degrees.

STEP 8. Add the cooked and breaded chicken breast in the baking pan on top of the foil, then include traditional tomato sauce on top of the chicken breast, along with the mozzarella cheese to top it off.

STEP 9. Bake the chicken breast with the sauce and cheese on top for 12-15 minutes or until the chicken is fully cooked and the top is crisp.

STEP 10. Serve chicken parmesan on a dish and crush your cravings for Italian with this alternative to what's traditionally very high in calories and filled with fat!

RECIPE 06

Mediterranean Salsa Salad

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
416	16	56	17	14

INGREDIENTS:

- Romaine Lettuce – However Much You'd Like
- Spinach – However Much You'd like
- Drained Canned Pinto Beans (No Sodium Added) – 130g
- Drained Canned Chick Peas (No Sodium Added) – 122g
- Diced Cucumber – 50g
- Diced Red Onion – 25g
- Halved Grape Tomatoes – 100g
- Olive Oil – 15ml
- Diced Parsley – 1 Tsp
- Fresh Squeezed Lime – ½ Lime
- Fresh Squeezed Lemon – ½ Lemon
- Paprika – 1 Tsp

COOKING DIRECTIONS:

STEP 1. Include romaine lettuce, spinach, drained canned pinto beans, chick peas, diced cucumber, red onion and halved grape tomatoes in a bowl in that specific order.

STEP 2. Add olive oil, diced parsley, freshly squeezed lime, lemon, paprika, cracked sea salt and black pepper, then mix all the ingredients together until all the foods are coated with the seasonings.

STEP 3. Serve as a whole meal to fill up on a high protein dish without any meat included as this is a vegan friendly dish!

RECIPE 07

Avocado Green Pasta With Ground Beef Or Ground Turkey Meatballs

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
845	76	61	37	12

INGREDIENTS:

- Cooked 93/7 Lean Ground Beef Or 93/7 Ground Turkey – 4.5 Ounces (Cooked Weight)
- Banza Rotini Chickpea Pasta (or similar chickpea protein pasta substitute) – 195g (Cooked Weight)
- Avocado – 75g
- Fat Free Greek Yogurt – 227g (1 Serving)
- Olive Oil – 10ml
- Diced Parsley – 1 Tbsp
- Diced Cilantro – 1 Tbsp
- Fresh Squeezed Lime – ½ Lime
- Fresh Squeezed Lemon – ½ Lemon
- Water – 4 Ounces (Use 2-4 more ounces if sauce is too thick while blending

COOKING DIRECTIONS:

STEP 1. Add cooked chickpea pasta and cooked 93/7 ground beef or 93/7 ground turkey meatballs in a bowl to serve.

STEP 2. Add Greek yogurt, avocado, olive oil, diced parsley, cilantro, fresh squeezed lime, lemon and water into a blender together in that specific order, then blend until you get a thin yet creamy sauce consistency (You may need to use more water if it's too thick while blending).

STEP 3. Add green sauce on top of the chickpea pasta and meatballs then serve.

STEP 4. Enjoy this unique, high protein dish with a sauce that will become your favorite to include in many other simple meals for a delicious condiment that's easy to make!

RECIPE 08

Tomato, Garlic And Onion Chicken Eggplant Parmesan

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
522	46	28	22	2

INGREDIENTS:

- Cooked Butterflied Boneless Skinless Chicken Breast – 6 Ounces (Cooked Weight)
- Sliced Egg Plant – 200g
- Ragu Or Prego Traditional Tomato Sauce (Low Sodium Version Or Similar Brand) – 125g
- Minced Garlic – 1 Tsp
- Diced Onion – 25g
- Olive Oil – 15ml

COOKING DIRECTIONS:

STEP 1. Preheat oven to 450 degrees.

STEP 2. Thinly slice eggplant and add them into a baking pan that has foil sprayed with 0 calorie cooking spray on top.

STEP 3. Butterfly piece of chicken breast so it's sliced in the middle in order to open into a thin large piece then cook on each side for 5-8 minutes on each side on medium heat pan with 0 calorie cooking spray.

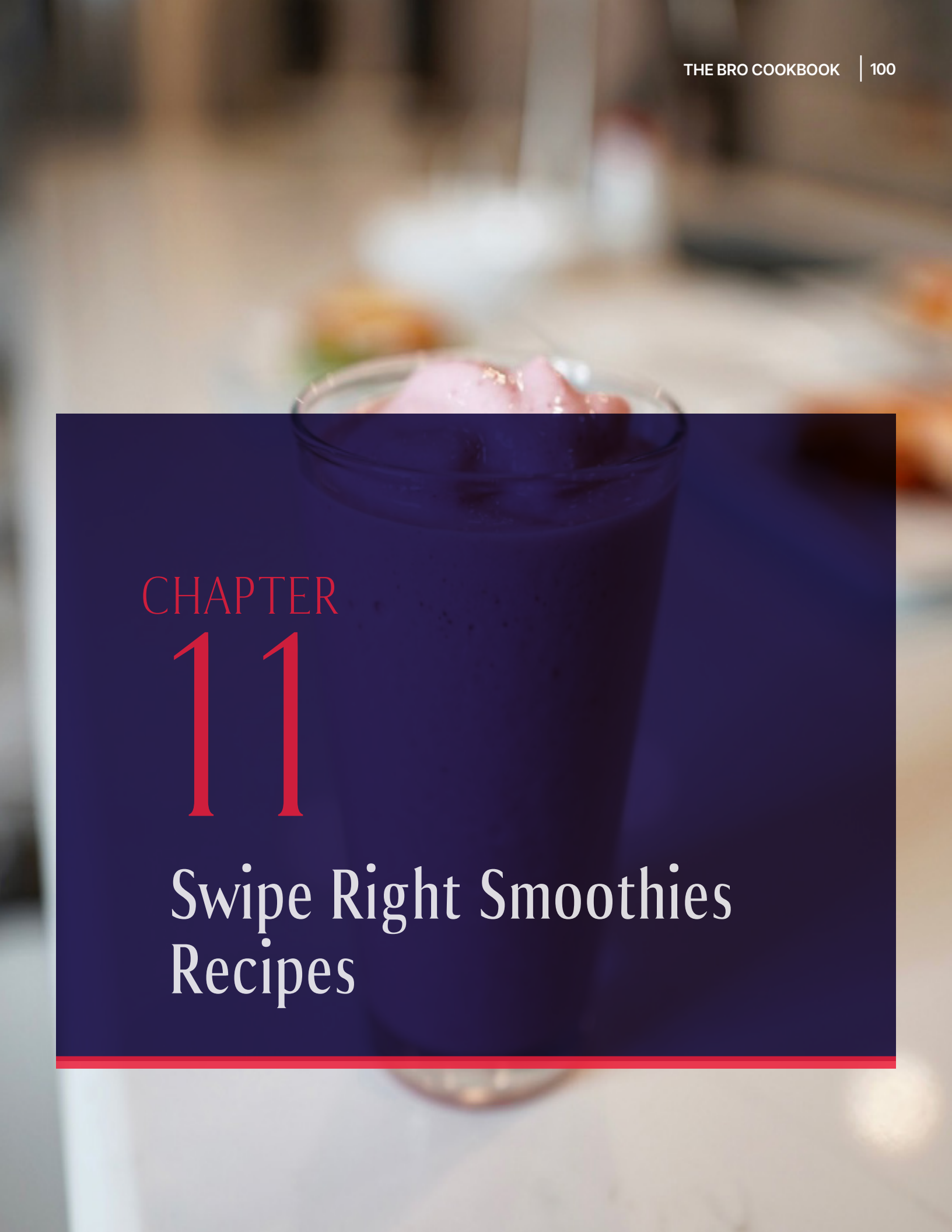
STEP 4. Evenly drizzle olive oil on top of the sliced eggplant that's on top of the foil in a baking pan and also evenly distribute the traditional tomato sauce, minced garlic and diced onion on top.

STEP 5. Once the butterflied piece of chicken breast is close to being fully cooked, add it on top of the eggplant, tomato sauce mixture.

STEP 6. Bake the chicken eggplant dish for 15-20 minutes or until the dish is full cooked through.

STEP 7. Take the food off the foil/baking sheet and serve on a plate.

STEP 8. (Optional): Add hot sauce as desired for taste.



CHAPTER

11

Swipe Right Smoothies Recipes

RECIPE 01

Chocolate Peanut Butter Brotein Smoothie

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
328	26	12	21	3

INGREDIENTS:

- Chocolate Smooth Flavored Whey Protein Powder (80-120 calories with 18-25g per scoop) (I recommend the Impact Whey by MyProtein, here's the link to get it: https://tidd.ly/2Le8QMm Use code ASEELVIP at checkout for big discount) – 1 Scoop
- Unsweetened Almond Milk – 10 Ounces
- Peanut Butter – 32g
- Ice – 1 Handful
- 0 Calorie Artificial Sweetener (Optional) – 1 Tsp

COOKING DIRECTIONS:

STEP 1. Include ice, unsweetened almond milk, protein powder, peanut butter and 0 calorie sweetener (optional) in that specific order in a blender.

STEP 2. Blend for 2-3 minutes or until you get a smooth and thin smoothie consistency (Add water to thin as desired if it's too thick).

STEP 3. Pour in a tall glass and enjoy to curb the strongest sweet tooth!

RECIPE 02

Salted Caramel Almond Butter Brotein Smoothie

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
328	25	11	23	4

INGREDIENTS:

- Salted Caramel Flavored Whey Protein Powder (80-120 calories with 18-25g per scoop) (I recommend the Impact Whey by MyProtein, here's the link to get it: https://tidd.ly/2Le8QMm Use code ASEELVIP at checkout for big discount) – 1 Scoop
- Unsweetened Almond Milk – 10 Ounces
- Almond Butter – 32g
- Ice – 1 Handful
- 0 Calorie Artificial Sweetener (Optional) – 1 Tsp

COOKING DIRECTIONS:

STEP 1. Include ice, unsweetened almond milk, protein powder, almond butter and 0 calorie sweetener (optional) in that specific order in a blender.

STEP 2. Blend for 2-3 minutes or until you get a smooth and thin smoothie consistency (Add water to thin as desired if it's too thick).

STEP 3. Pour in a tall glass and enjoy this delicacy that will become your favorite go-to smoothie!

RECIPE 03

Banana Coconut Cinnamon Cereal Brotein Smoothie

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
271	20	32	8	4

INGREDIENTS:

- Cinnamon Cereal Flavored Whey Protein Powder (80-120 calories with 18-25g per scoop) (I recommend the Impact Whey by MyProtein, here's the link to get it: https://tidd.ly/2Le8QMm Use code ASEELVIP at checkout for big discount) – 1 Scoop
- Unsweetened Coconut Milk – 10 Ounces
- Frozen Banana – 1 Banana
- Cinnamon – 1 Tsp
- Ice – 1 Handful
- 0 Calorie Artificial Sweetener (Optional) – 1 Tsp

COOKING DIRECTIONS:

STEP 1. Include frozen banana, ice, unsweetened coconut milk, protein powder, cinnamon and 0 calorie sweetener (optional) in that specific order in a blender.

STEP 2. Blend for 2-3 minutes or until you get a smooth and thin smoothie consistency (Add water to thin as desired if it's too thick).

STEP 3. Pour in a tall glass and enjoy this high protein yet low calorie smoothie that tastes too good to be true!

RECIPE 04

Veggie And Berry Blend Brotein Smoothie

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
237	22	25	6	7

INGREDIENTS:

- Vanilla Flavored Whey Protein Powder (80-120 calories with 18-25g per scoop) (I recommend the Impact Whey by MyProtein, here's the link to get it: https://tidd.ly/2Le8QMm Use code ASEELVIP at checkout for big discount) – 1 Scoop
- Unsweetened Vanilla Almond Milk – 10 Ounces
- Frozen Mixed Berry And Kale Blend (Blend includes black berries, blueberries, raspberries and kale) – 140g
- Frozen Kale – 1 Handful
- Ice – 1 Handful
- 0 Calorie Artificial Sweetener (Optional) – 1 Tsp

COOKING DIRECTIONS:

STEP 1. Include frozen mixed berry and kale blend, ice, unsweetened vanilla almond milk, frozen kale, protein powder, and 0 calorie sweetener (optional) in that specific order in a blender.

STEP 2. Blend for 2-3 minutes or until you get a smooth and thin smoothie consistency (Add water to thin as desired if it's too thick).

STEP 3. Pour in a tall glass prepare yourself to be shocked at how much you'll enjoy this delicate treat despite the green color!

RECIPE 05

Almond Butter And Blueberry Spinach Brotein Smoothie

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
250	24	28	6	8

INGREDIENTS:

- Vanilla Flavored Whey Protein Powder (80-120 calories with 18-25g per scoop) (I recommend the Impact Whey by MyProtein, here's the link to get it: https://tidd.ly/2Le8QMm Use code ASEELVIP at checkout for big discount) – 1 Scoop
- Unsweetened Vanilla Almond Milk – 10 Ounces
- Frozen Blueberries – 140g
- Frozen Spinach– 1 Handful
- Ice – 1 Handful
- 0 Calorie Artificial Sweetener (Optional) – 1 Tsp

COOKING DIRECTIONS:

STEP 1. Include frozen blueberries, ice, unsweetened vanilla almond milk, frozen spinach, protein powder, and 0 calorie sweetener (optional) in that specific order in a blender.

STEP 2. Blend for 2-3 minutes or until you get a smooth and thin smoothie consistency (Add water to thin as desired if it's too thick).

STEP 3. Pour in a tall glass and enjoy this delicious, high protein way to get a generous serving of greens and fruit for the day!

RECIPE 06

Fruity Cereal Berry Brotein Smoothie

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
274	21	36	5	7

INGREDIENTS:

- Fruity Cereal Flavored Whey Protein Powder (80-120 calories with 18-25g per scoop) (I recommend the Impact Whey by MyProtein, here's the link to get it: https://tidd.ly/2Le8QMm Use code ASEELVIP at checkout for big discount) – 1 Scoop
- Unsweetened Almond Milk – 12 Ounces
- Frozen Strawberries – 140g
- Frozen Blueberries – 140g
- Ice – 1 Handful
- 0 Calorie Artificial Sweetener (Optional) – 1 Tsp

COOKING DIRECTIONS:

STEP 1. Include frozen strawberries, blueberries, ice, unsweetened vanilla almond milk, protein powder, and 0 calorie sweetener (optional) in that specific order in a blender.

STEP 2. Blend for 2-3 minutes or until you get a smooth and thin smoothie consistency (Add water to thin as desired if it's too thick).

STEP 3. Pour in a tall glass and conquer any sweet tooth that comes your way!

CHAPTER

12

Growers Not Showers Recipes

RECIPE 01

Tangy Beef Salad

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
612	56	20	35	5

INGREDIENTS:

- Cooked Thinly Sliced Flank Steak – 6 Ounces (Cooked Weight)
- Spring Mix Salad – However Much You'd Like
- Halved Grape Tomatoes – 100g
- Thinly Sliced Red Onion – 25g
- Thinly Sliced Cucumber – 50g
- Olive Oil – 10ml
- Low Sodium Soy Sauce – 1 Tbsp
- Siracha – 1 Tsp
- Freshly Squeezed Lime – 1 Lime
- Diced Mint Leaves – 1 Tbsp
- Diced Peanuts – 14g

COOKING DIRECTIONS:

STEP 1. Add spring mix salad, cooked thinly sliced flank steak, halved grape tomatoes, thinly sliced red onion and cucumber in a large bowl.

STEP 2. Add olive oil, low sodium soy sauce, siracha, freshly squeezed lime, diced mint leaves and peanuts in a small bowl then mix all ingredients together until sauce is thin.

STEP 3. Add sauce on top all the food mixture and mix in the big bowl until salad is fully glazed with the sauce.

STEP 4. Enjoy this super filling and savory dish that would typically be loaded with calories if you'd order it out at a restaurant!

RECIPE 02

Zesty Salmon Salad

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
597	44	42	30	8

INGREDIENTS:

Cooked Cubed Salmon– 6 Ounces (Cooked Weight)

- Spinach – However Much You'd Like
- Chopped Kale – However Much You'd Like
- Separated Small Mandarin – 1 Mandarin
- Shredded Carrots – 50g
- Diced Green Onion – 1 Tbsp
- Low Sodium Soy Sauce – 1 Tbsp
- Sugar Free Honey – ½ Tbsp
- Siracha – 1 Tsp
- Freshly Squeezed Lemon – 1 Lemon
- Diced Cilantro – 1 Tbsp
- Diced Cashews – 15g

COOKING DIRECTIONS:

STEP 1. Add spinach, chopped kale, cooked cubed salmon, shredded carrots, and diced green onion in a large bowl.

STEP 2. Add low sodium soy sauce, sugar free honey, siracha, freshly squeezed lemon, diced cilantro and cashews in a small bowl then mix all ingredients together until sauce is thin.

STEP 3. Add sauce on top all the food mixture and mix in the big bowl until salad is fully glazed with the sauce.

STEP 4. Enjoy this sweet yet savory dish that will leave you feeling full of energy!

RECIPE 03

Avocado And Egg On Toast

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
388	19	25	25	13

INGREDIENTS:

- Sliced Hard Boiled Egg – 2 Eggs
- Avocado – 100g
- Low Calorie Bread – 2 Slices
- Freshly Squeezed Lemon – ½ Squeezed Lemon

COOKING DIRECTIONS:

STEP 1. Toast low calorie bread or brown each side on medium heat pan sprayed with 0 calorie cooking spray.

STEP 2. Evenly mash avocado on top of each slice of toast.

STEP 3. Slice each hard boiled egg into 3-4 thinly sliced pieces and evenly distribute on top of mashed avocado on each piece of toast.

STEP 4. Freshly Squeeze lemon on top of each avocado and egg on toast.

STEP 5. Serve on dish and enjoy this classic go-to breakfast favorite!

RECIPE 04

Salmon Charcuterie Toast

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
367	36	30	13	7

INGREDIENTS:

- Thinly Sliced Smoked Salmon – 112g
- Sliced Fat Free Mozzarella Cheese – 2 Slices
- Sliced Tomato – 2 Slices
- Low Calorie Bread – 2 Slices
- Freshly Squeezed Lemon – ½ Squeezed Lemon

COOKING DIRECTIONS:

STEP 1. Toast low calorie bread or brown each side on medium heat pan sprayed with 0 calorie cooking spray.

STEP 2. Add sliced fat free mozzarella cheese on top of each slice of toast.

STEP 3. Add sliced tomato on top of sliced fat free mozzarella cheese on each slice of toast.

STEP 4. Add smoked salmon on top of sliced tomato on each slice of toast.

STEP 5. Freshly Squeeze lemon on top of each salmon charcuterie toast.

STEP 6. Serve on dish and enjoy a unique twist to a popular favorite!

RECIPE 05

Chicken Cobb Salad

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
581	63	18	27	6

INGREDIENTS:

- Sliced Cooked Boneless Skinless Chicken Breast – 6 Ounces (Cooked Weight)
- Chopped Romaine Lettuce – However Much You'd Like.
- Sliced Hard Boiled Egg – 1 Egg
- Sliced Cooked Turkey Bacon – 2 Slices
- Sliced Avocado – 75g
- Shredded Fat Free Mozzarella Cheese – 28g
- Dijon Mustard – 1 Tsp
- White Wine Vinegar – 1 Tbsp
- Sugar Free Honey – ½ Tbsp
- Water – 1 Tbsp

COOKING DIRECTIONS:

STEP 1. Include chopped romaine lettuce, sliced cooked chicken breast, sliced hard boiled egg, sliced cooked turkey bacon, sliced avocado and shredded fat free mozzarella cheese in a big bowl in that specific order.

STEP 2. Add white wine vinegar, dijon mustard, sugar free honey, and water in a small bowl then mix it all together until sauce is thin.

STEP 3. Add sauce on top of the food and mix it all together until the salad is entirely glazed with the sauce.

STEP 4. Enjoy this very filling meal that will treat the biggest appetite!

RECIPE 06

Egg White Muffin Bites

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
200	27	5	6	2

INGREDIENTS:

- Cartoned Egg Whites – 184g
- Whole Egg – 1 Egg
- Unsweetened Almond Milk – 2 Ounces
- Diced Red Bell Pepper – 25g
- Diced Green Bell Pepper – 25g
- Diced Red Onion – 25g

COOKING DIRECTIONS:

STEP 1. Preheat oven to 425 degrees.

STEP 2. Add egg whites, cracked whole egg, unsweetened almon milk, diced red onion, diced green and red bell pepper in a bowl then whisk together until foods are seamlessly mixed together.

STEP 3. Spray baking mini muffin tray with 0 calorie cooking spray and add egg mixture evenly distributed.

STEP 4. Bake the egg muffins for 10-15 minutes or until thoroughly cooked through.

STEP 5. Carefully remove the egg muffins from the baking tray onto a plate and serve.

STEP 6. (Optional): Add hot sauce for taste as desired.

STEP 7. Enjoy this great go-to low carb breakfast or snack at any time of the day!

RECIPE 07

Baked Salmon With Black Bean Salsa Salad

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
585	43	29	32	11

INGREDIENTS:

- Baked Salmon – 6 Ounces (Cooked Weight)
- Drained Canned Black Beans (No Sodium Added) – 130g
- Diced Canned Tomato – 121g
- Diced Onion – 25g
- Olive Oil – 10ml

COOKING DIRECTIONS:

STEP 1. Preheat oven to 425 degrees.

STEP 2. Spray 0 calorie cooking spray on foil fully covered on top of baking pan.

STEP 3. Add salmon on top of the foil on the baking sheet.

STEP 4. Add drained canned black beans, diced canned tomato, diced onion and olive oil in a bowl and mix all the ingredients together thoroughly.

STEP 5. Add black bean mixture on top of the salmon that's on the foil on the baking pan and bake for 20-25 minutes or until fully cooked through.

STEP 6. Remove the cooked salmon and black bean mixture from the foil onto a dish to serve.

STEP 7. (Optional): Add hot sauce for taste as desired.

STEP 8. Enjoy this savory high protein, lower carb meal full of healthy fats that will keep you full and satiated for a long time!

RECIPE 08

Beef And Quinoa Bowl

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
724	58	61	25	12

INGREDIENTS:

- 93/7 Lean Ground Beef – 6 Ounces (Cooked Weight)
- Cooked Quinoa – 200g (Cooked Weight)
- Chopped Steamed Broccoli – 170g (Cooked Weight)
- Halved Grape Tomatoes – 50g
- Diced Green Bell Pepper – 50g
- Diced Red Onion – 25g
- Light Balsamic Vinaigrette – 30ml

COOKING DIRECTIONS:

STEP 1. Add cooked quinoa, cooked ground beef, chopped steamed broccoli, halved grape tomatoes, diced green bell pepper and red onion in a big in that specific order.

STEP 2. Add light balsamic vinaigrette on top and mix all the foods until condiment is thoroughly mixed through.

STEP 3. (Optional): Add hot sauce for taste as desired.

RECIPE 09

Beef And Zucchini Pasta

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
602	59	13	34	3

INGREDIENTS:

- Sliced Cooked Top Sirloin Steak – 6 Ounces (Cooked Weight)
- Zucchini Noodles – 200g
- Fat Free Shredded Mozzarella Cheese – 28g
- Minced Garlic – 1 Clove
- Olive Oil – 10ml
- Diced Tomato – 100g
- Basil – 1 Tbsp

COOKING DIRECTIONS:

STEP 1. Spiralize zucchini into noodles with a spiralizer or a standard vegetable peeler to make wide noodles or ribbons.

STEP 2. Add olive oil to medium heat pan and minced garlic, diced tomato and basil then mix ingredients together for 1-2 minutes.

STEP 3. Add zucchini noodles in the pan and mix thoroughly with the olive oil mixture until the noodles are fully cooked through.

STEP 4. Turn the medium heat pan off and add fat free mozzarella cheese then thoroughly mix it with the noodles in the pan.

STEP 5. Add the cooked zucchini noodles in a bowl and then include the slices of top sirloin steak on top.

STEP 6. (Optional): Sprinkle crushed red pepper flakes on top for taste as desired.

STEP 7. Enjoy this extremely delicious and savory dish without any guilt since your traditional steak and pasta dish would cost you thousands of calories out at a restaurant!

RECIPE 10

Chicken Lettuce Wraps

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
565	51	28	34	5

INGREDIENTS:

- Cooked Ground Chicken – 6 Ounces (Cooked Weight)

Leaf Of Romaine Lettuce Or Leaf Of Butterhead Lettuce– 4 Big Leaves

- Diced Red Bell Pepper – 50g
- Shredded Carrots – 50g
- Diced Onion – 25g
- Olive Oil – 10ml
- Diced Green Onion – 1 Tbsp
- Low Sodium Soy Sauce – 1 Tbsp
- Sugar Free Honey – ½ Tbsp
- Siracha – 1 Tsp
- Freshly Squeezed Lemon – 1 Lemon
- Diced Peanuts – 14g

COOKING DIRECTIONS:

STEP 1. Layout leaves of romaine or butterhead lettuce that are big enough to stuff on a plate.

STEP 2. Spray medium heat pan with 0 calorie cooking spray and cook ground chicken for 5 minutes.

STEP 3. Include diced red bell pepper, diced onion and shredded carrots in the pan to cook with the ground chicken for 5 more minutes or until ground chicken is fully cooked and vegetables are tender.

STEP 4. In a separate bowl include diced green onion, olive oil, low sodium soy sauce, sugar free honey, siracha, fleshly squeezed lemon, and diced peanuts in that specific order and mix all the ingredients together.

STEP 5. Add the sauce mixture to the ground chicken and vegetables that are simmering on the pan and stir all the food together until all ingredients are coated with the sauce in the pan.

STEP 6. Remove the food from the pan and add on top of the romaine or butterhead lettuce leaves evenly distributed between each one.

STEP 7. Enjoy this as a tasty low carb dish or over rice if you prefer to include carbs but either way you're going to fall in love with this for a simple lunch or snack!

RECIPE 11

Beef Lettuce Wraps

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
622	54	32	32	7

INGREDIENTS:

- 93/7 Lean Ground Beef – 6 Ounces (Cooked Weight)
- Leaf Of Romaine Lettuce Or Leaf Of Butterhead Lettuce– 4 Big Leaves
- Diced Green Bell Pepper – 50g
- Red Cabbage Slaw Mix – 85g
- Diced Onion – 25g
- Olive Oil – 10ml
- Diced Green Onion – 1 Tbsp
- Low Sodium Soy Sauce – 1 Tbsp
- Sugar Free Honey – ½ Tbsp
- Siracha – 1 Tsp
- Freshly Squeezed Lemon – 1 Lemon
- Diced Cashews – 15g

COOKING DIRECTIONS:

STEP 1. Layout leaves of romaine or butterhead lettuce that are big enough to stuff on a plate.

STEP 2. Spray medium heat pan with 0 calorie cooking spray and cook ground beef for 5 minutes.

STEP 3. Include diced green bell pepper, diced onion and red cabbage slaw mix in the pan to cook with the ground beef for 5 more minutes or until ground beef is fully cooked and vegetables are tender.

STEP 4. In a separate bowl include diced green onion, olive oil, low sodium soy sauce, sugar free honey, siracha, fleshly squeezed lemon, and diced cashews in that specific order and mix all the ingredients together.

STEP 5. Add the sauce mixture to the ground beef and vegetables that are simmering on the pan and stir all the food together until all ingredients are coated with the sauce in the pan.

STEP 6. Remove the food from the pan and add on top of the romaine or butterhead lettuce leaves evenly distributed between each one.

STEP 7. Enjoy a beef version of this classic lettuce wrap dish which is the perfect low carb recipe you can have for a filling lunch or snack throughout the day!

RECIPE 12

Chicken And Feta Avocado Salad

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
567	49	20	31	9

INGREDIENTS:

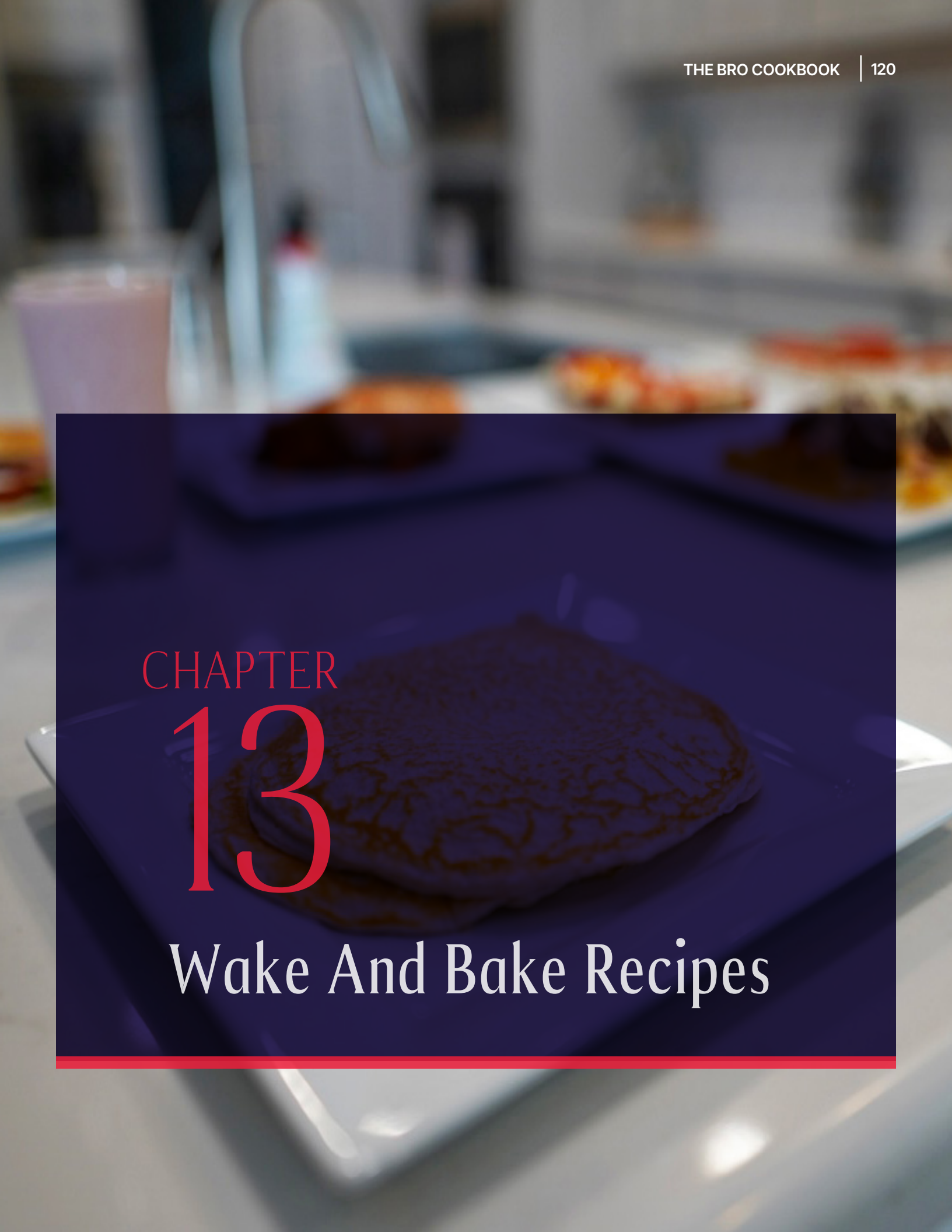
- Diced Cooked Boneless Skinless Chicken Breast – 6 Ounces (Cooked Weight)
- Chopped Romaine Lettuce – However Much You'd Like
- Diced Avocado – 100g
- Diced Cucumber – 100g
- Diced Celery – 50g
- Crumbled Feta Cheese – 28g
- Light Balsamic Vinaigrette – 30ml

COOKING DIRECTIONS:

STEP 1. Add chopped romaine lettuce, diced avocado, cucumber, celery and crumbled feta cheese in that specific order in a big bowl.

STEP 2. Add light balsamic vinaigrette on top and mix all ingredients in the bowl thoroughly until the dressing has glazed the entire salad.

STEP 3. Enjoy this hearty salad as a low carb lunch or big side salad to fill up the largest appetite!



CHAPTER

13

Wake And Bake Recipes

RECIPE 01

Traditional Protein Pancakes

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
540	54	61	8	8

INGREDIENTS:

- Quick Oats – 80g
- Cartoned Egg Whites – 184g
- 1% Low Fat Cottage Cheese – 56g
- Vanilla Flavored Whey Protein Powder (80-120 calories with 18-25g per scoop) (I recommend the Impact Whey by MyProtein, here's the link to get it: https://tidd.ly/2Le8QMm Use code ASEELVIP at checkout for big discount) – 1 Scoop
- Baking Powder (Optional) – 1 Tsp
- 0 Calorie Artificial Sweetener (Optional) – 1 Tsp

COOKING DIRECTIONS:

STEP 1. Add quick oats, cartoned egg whites, low fat cottage cheese, protein powder, baking powder (optional) and artificial sweetener (optional) in that specific order in a blender and blend the ingredients together for 30-60 seconds until you get a smooth consistency.

STEP 2. Pour bater on a medium heat pan sprayed with 0 calorie cooking spray and cook pancake on each side for 45-60 seconds or until pancake is fully cooked through.

STEP 3. Add each pancake on a plate to serve (this recipe should yield 3-4 medium to large sized pancakes).

STEP 4. Enjoy this deliciously sweet meal that will crush your cravings.

RECIPE 02

Chocolate Peanut Butter Protein Pancakes

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
625	57	63	16	9

INGREDIENTS:

- Quick Oats – 80g
- Cartoned Egg Whites – 184g
- Fat Free Greek Yogurt – 56g
- Peanut Butter – 16g
- Chocolate Flavored Protein Powder – 1 Scoop
- Baking Powder (Optional) – 1 Tsp
- 0 Calorie Artificial Sweetener (Optional) – 1 Tsp

COOKING DIRECTIONS:

STEP 1. Add quick oats, cartoned egg whites, fat free Greek yogurt, peanut butter, chocolate protein powder, baking powder (optional) and artificial sweetener (optional) in that specific order in a blender and blend the ingredients together for 30-60 seconds until you get a smooth consistency.

STEP 2. Pour bater on a medium heat pan sprayed with 0 calorie cooking spray and cook pancake on each side for 45-60 seconds or until pancake is fully cooked through.

STEP 3. Add each pancake on a plate to serve (this recipe should yield 3-4 medium to large sized pancakes).

STEP 4. Enjoy this guiltfree meal for breakfast or any time you need to destroy the strongest chocolate craving!

RECIPE 03

Almond Butter Pumpkin Protein Pancakes

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
620	52	66	17	11

INGREDIENTS:

- Quick Oats – 80g
- Cartoned Egg Whites – 184g
- Canned Pumpkin – 61g
- Almond Butter – 16g
- Cinnamon Cereal Flavored Whey Protein Powder (80-120 calories with 18-25g per scoop) (I recommend the Impact Whey by MyProtein, here's the link to get it: https://tidd.ly/2Le8QMm Use code ASEELVIP at checkout for big discount) – 1 Scoop
- Baking Powder (Optional) – 1 Tsp
- 0 Calorie Artificial Sweetener (Optional) – 1 Tsp

COOKING DIRECTIONS:

STEP 1. Add quick oats, cartoned egg whites, canned pumpkin, almond butter, cinnamon cereal protein powder (any cinnamon flavor works if you don't have specific one mentioned in ingredients list), baking powder (optional) and artificial sweetener (optional) in that specific order in a blender and blend the ingredients together for 30-60 seconds until you get a smooth consistency.

STEP 2. Pour bater on a medium heat pan sprayed with 0 calorie cooking spray and cook pancake on each side for 45-60 seconds or until pancake is fully cooked through.

STEP 3. Add each pancake on a plate to serve (this recipe should yield 3-4 medium to large sized pancakes).

STEP 4. Enjoy this unique protein pancake twist that will leave you addicted and become your go-to daily!

RECIPE 04

Traditional Protein Pizza

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
270	29	36	4	8

INGREDIENTS:

- Large Low Calorie Wrap (Lowest calorie option) – 1 Wrap
- Fat Free Mozzarella Or Cheddar Cheese – 56g
- Ragu Or Prego Traditional Tomato Sauce (Low Sodium Version Or Similar Brand) – 125g

COOKING DIRECTIONS:

STEP 1. Preheat oven to 425 degrees.

STEP 2. Lay low calorie wrap flat on a baking pan that's sprayed with 0 calorie cooking spray.

STEP 3. Add tomato sauce on top of the wrap and evenly distribute it around the entire wrap.

STEP 4. Evenly sprinkle shredded fat free mozzarella or cheddar cheese on top of the wrap with tomato sauce.

STEP 5. Bake the wrap with toppings in the oven for 10-12 minutes or until the wrap is crispy and toppings are fully cooked through.

STEP 6. Take the pizza off the baking tray and serve on a dish.

STEP 7. Enjoy this classic recipe that will save you thousands of calories over a traditional takeout pizza!

RECIPE 05

Meat Lovers Protein Pizza

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
460	53	41	12	9

INGREDIENTS:

- Large Low Calorie Wrap (Lowest calorie option) – 1 Wrap
- Fat Free Mozzarella Or Cheddar Cheese – 56g
- Cooked 93/7 Lean Ground Beef – 3 Ounces (Cooked Weight)
- Diced Green Bell Pepper – 50g
- Diced Onion – 25g
- Ragu Or Prego Traditional Tomato Sauce (Low Sodium Version Or Similar Brand) – 125g

COOKING DIRECTIONS:

STEP 1. Preheat oven to 425 degrees.

STEP 2. Lay low calorie wrap flat on a baking pan that's sprayed with 0 calorie cooking spray.

STEP 3. Add tomato sauce on top of the wrap and evenly distribute it around the entire wrap.

STEP 4. Evenly sprinkle cooked crumbled lean ground beef, diced green bell pepper, diced onion and shredded fat free mozzarella or cheddar cheese in that specific order on top of the wrap with tomato sauce.

STEP 5. Bake the wrap with toppings in the oven for 10-12 minutes or until the wrap is crispy and toppings are fully cooked through.

STEP 6. Take the pizza off the baking tray and serve on a dish.

STEP 7. Enjoy this hearty high protein pizza that will keep you feeling satisfied and satiated without the traditional high fat bloat!

RECIPE 06

Chicken Barbecue Pineapple Protein Pizza

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
395	51	45	5	10

INGREDIENTS:

- Large Low Calorie Wrap (Lowest calorie option) – 1 Wrap
- Fat Free Mozzarella Or Cheddar Cheese – 56g
- Cooked Boneless Skinless Chicken Breast – 3 Ounces (Cooked Weight)
- Diced Red Bell Pepper – 50g
- Diced Red Onion – 25g
- Diced Pineapple – 50g
- Sugar Free Barbeque Sauce – 60g

COOKING DIRECTIONS:

STEP 1. Preheat oven to 425 degrees.

STEP 2. Lay low calorie wrap flat on a baking pan that's sprayed with 0 calorie cooking spray.

STEP 3. Add sugar free barbeque sauce on top of the wrap and evenly distribute it around the entire wrap.

STEP 4. Evenly sprinkle cooked diced chicken breast, diced red bell pepper, diced red onion, diced pineapple and shredded fat free mozzarella or cheddar cheese in that specific order on top of the wrap with tomato sauce.

STEP 5. Bake the wrap with toppings in the oven for 10-12 minutes or until the wrap is crispy and toppings are fully cooked through.

STEP 6. Take the pizza off the baking tray and serve on a dish.

STEP 7. Enjoy this high protein pizza full of flavors that will curb your hunger and sweet tooth at the same time!

RECIPE 07

Brotein Lasagna (Cooked In Bulk)

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
275	24	26	9	6

INGREDIENTS:

- 93/7 Lean Ground Beef – 16 Ounces (1 Lb.) (Raw Weight)
- Traditional Tomato Sauce (Ragu, Prego, Etc.) – 250g
- Yellow Lentil & Brown Rice Lasagna Pasta – 12 Noodles (4 Servings)
- Fat Free Mozzarella Cheese – 84g
- Diced Spinach – However Much You'd Like (Half Bag Recommended)
- Garlic Or Plain Original Hummus – 8 Ounces (1 Full 8 Ounce Container)

COOKING DIRECTIONS:

STEP 1. Preheat Oven to 425 Degrees Fahrenheit
STEP 2. Spray a medium sized lasagna baking pan with 0 calorie cooking spray.
STEP 3. Cook 93/7 ground beef in a large medium heat skillet then season with garlic and onion powder and stir until fully cooked.
STEP 4. Add traditional tomato sauce in the skillet with the cooked lean ground beef and stir for 5 minutes on low heat.
STEP 5. Add diced spinach and hummus in a big bowl then mix together until entirely mixed throughout.
STEP 6. Pour 1/3 of the mixed beef and tomato sauce on the bottom of the baking dish sprayed with 0 calorie cooking spray.
STEP 7. Place 4 sheets of the yellow lentil and brown rice lasagna pasta side by side on top of the mixed beef and tomato sauce.
STEP 8. Place 1/3 of the diced spinach and hummus mixture on top of the lasagna pasta and spread on top evenly.
STEP 9. Evenly sprinkle 1 serving (28g) of fat free mozzarella cheese on top of the spinach and hummus mixture.
STEP 10. For the second time, place 4 sheets of the yellow lentil and brown rice lasagna pasta side by side on top of the mozzarella cheese, spinach and hummus mixture.
STEP 11. Repeat through 9 then add 4 sheets of the lasagna pasta side by side and top it with remainder of tomato sauce and lean meat along with 1 serving of mozzarella cheese to finish off the entire lasagna layering.
STEP 12. Spray a piece of aluminum foil with 0 calorie cooking spray and cover the baking pan then bake in the over for 45 minutes.
STEP 13. Take the baking pan out of the oven after 45 minutes and remove the aluminum foil then poke a small hole through a layer to see if pasta is soft but place back in the oven without the aluminum foil for 15 minutes if the lasagna isn't fully cooked.
STEP 14. Let the lasagna rest for 15-20 minutes before cutting.
STEP 15. Cut the lasagna in 8 even pieces after it's cooled down and enjoy one of the most flavorful recipes you'll ever make!

RECIPE 08

Baked Ziti

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
805	86	70	23	11

INGREDIENTS:

- 93/7 Lean Ground Beef – 6 Ounces (Cooked Weight)
- Banza Penne Chickpea Pasta (or similar chickpea protein pasta substitute) – 195g (Cooked Weight)
- Low Sodium Pasta Sauce – 125g
- Fat Free Mozzarella Cheese – 56g
- Onion – 50g

COOKING DIRECTIONS:

STEP 1. Preheat oven to 375 degrees fahrenheit and spray 0 calorie cooking spray on a baking casserole dish.

STEP 2. Spray medium heat pan with 0 calorie cooking spray and cook the lean ground beef.

STEP 3. When ground beef is browned and almost cooked, add diced onion to cook together until tender.

STEP 4. Boil water in a pan and add the chickpea pasta then stir occasionally until fully cooked through.

STEP 5. Dump the pasta and water in a drainer in your sink and include your portion of the pasta on a bowl.

STEP 6. Add the cooked pasta in the casserole baking dish distributed evenly.

STEP 7. Add the cooked ground beef with onion on top of the cooked pasta in the casserole baking dish.

STEP 8. Add the pasta sauce on top of the ground beef with onion.

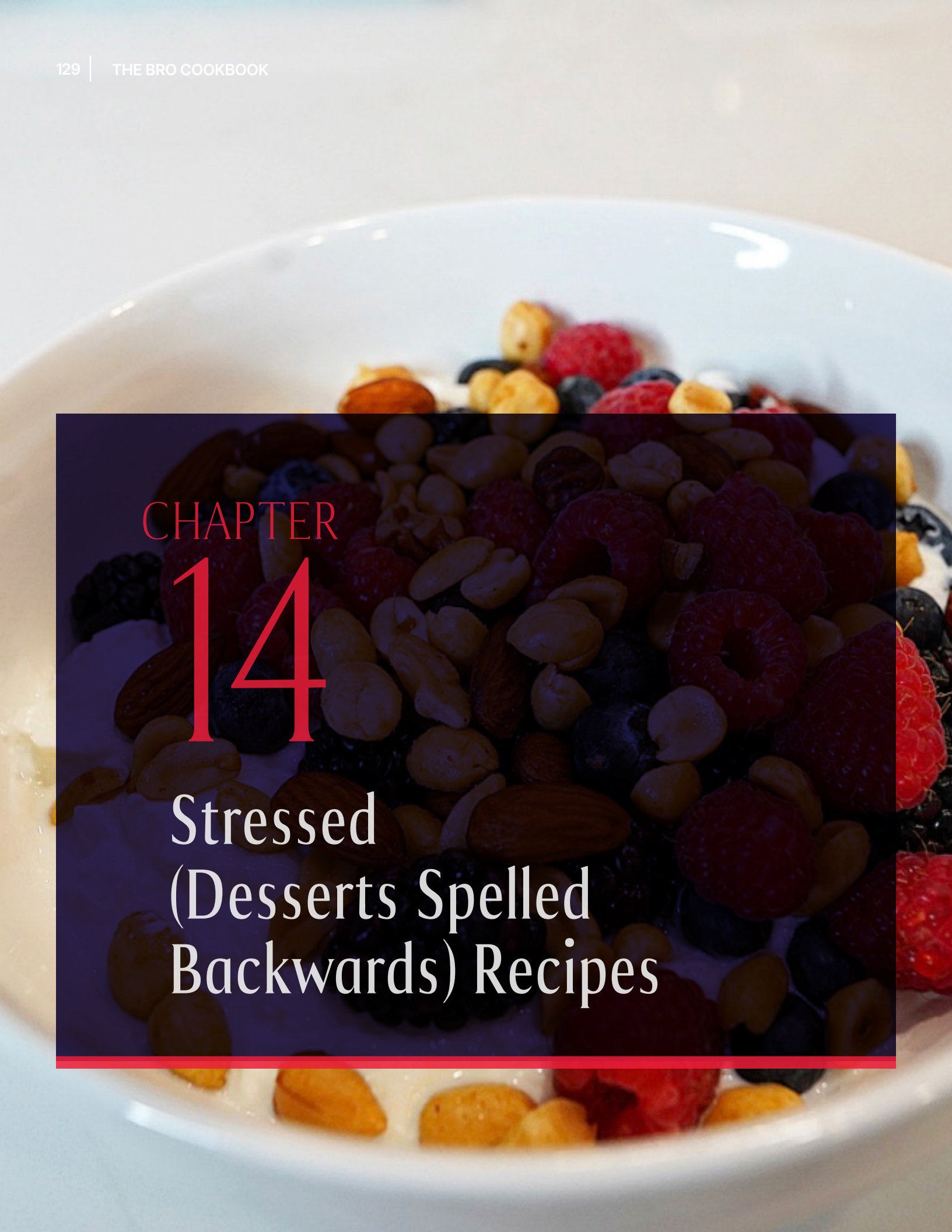
STEP 9. Stir all the food together until the pasta, sauce and ground beef are combined together.

STEP 10. Add shredded mozzarella cheese on top of all the food in the casserole dish.

STEP 11. Cover the baking casserole dish with foil and bake for 15 minutes or until the casserole is fully cooked through together where the sauce is bubbly near the edges.

STEP 12. Remove the foil form the casserole dish and let it bake for another 10 minutes until the cheese is melted and beginning to brown.

STEP 13. Let the dish cool for 20 minutes then serve on a dish and enjoy this extremely delicious and fulfilling dish!



CHAPTER

14

Stressed (Desserts Spelled Backwards) Recipes

RECIPE 01

Greek Yogurt Bowl

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
389	46	31	11	7

INGREDIENTS:

- 0% Fat Free Greek Yogurt – 227g
- Vanilla Flavored Whey Protein Powder (80-120 calories with 18-25g per scoop) (I recommend the Impact Whey by MyProtein, here's the link to get it: https://tidd.ly/2Le8QMm Use code ASEELVIP at checkout for big discount) – 1 Scoop
- Unsweetened Almond Milk – 4 Ounces
- Chopped Mixed Nuts – 14g
- Diced Strawberries – 50g
- Blueberries – 25g
- Raspberries – 25g
- Blackberries – 25g
- Sugar Free Syrup (Optional) – 15ml
- 0 Calorie Artificial Sweetener (optional) – 1 tsp
- Cinnamon (optional) – ½ tsp

COOKING DIRECTIONS:

STEP 1. Add fat free Greek yogurt in a bowl.

STEP 2. Add almond milk, protein powder and artificial sweetener (optional) in the Greek yogurt then mix it all together until you get a smooth mixture that isn't too thick or thin (use more almond milk if the mixture is too thick to your desire)

STEP 3. Add diced strawberries, blueberries, raspberries, blackberries and chopped mixed nuts on top of the Greek yogurt mixture.

STEP 4. (Optional): drizzle sugar free syrup and sprinkle cinnamon on top of the toppings and Greek yogurt mixture.

STEP 5. Enjoy this bowl to crush any sweet tooth that comes your way!

RECIPE 02

Overnight Peanut Butter Parfait

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
392	39	34	11	6

INGREDIENTS:

- 0% Fat Free Greek Yogurt – 227g
- PB2 (Powdered Peanut Butter) – 24g
- Unsweetened Almond Milk – 4 Ounces
- Chopped Peanuts – 14g
- Diced Apple – 100g
- 0 Calorie Artificial Sweetener (optional) – 1 tsp

COOKING DIRECTIONS:

STEP 1. Add fat free Greek yogurt in a bowl.

STEP 2. Add almond milk, powdered peanut butter and artificial sweetener (optional) in the Greek yogurt then mix it all together until you get a smooth mixture that isn't too thick or thin (use more almond milk if the mixture is too thick to your desire)

STEP 3. Add chopped peanuts and diced apple in the Greek yogurt and mix them in thoroughly.

STEP 4. Put the Greek yogurt in the fridge overnight or at least 4 hours to get a thick, parfait consistency.

STEP 5. Enjoy this as the perfect dessert or quick way to start your day!

RECIPE 03

Chocolate Peanut Butter Overnight Proats

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
645	45	79	19	12

INGREDIENTS:

- Quick Oats – 80g
- Unsweetened Almond Milk – 10 Ounces
- Peanut Butter – 16g
- Chocolate Flavored Protein Powder – 1 Scoop
- 0% Fat Free Greek Yogurt – 113g
- Sliced Strawberries – 75g
- Blueberries – 50g
- 0 Calorie Artificial Sweetener (optional) – 1 tsp

COOKING DIRECTIONS:

STEP 1. Include quick oats in a bowl, add unsweetened almond milk and cook in the microwave for 3 minutes and 30 seconds.

Bro Tip: Use a bigger bowl so the oatmeal doesn't spill over the side of the bowl when it cooks in the microwave!

STEP 2. Add chocolate flavored protein powder in cooked oats and mix together.

STEP 3. Add peanut butter, 0 calorie sweetener and sea salt (optional) and mix together.

STEP 4. Layer half the recipe serving of Greek yogurt on top of the cooked oat mixture.

STEP 5. Layer sliced strawberries on top of the Greek yogurt.

STEP 6. Layer the remaining recipe serving of Greek yogurt on top of the sliced strawberries.

STEP 7. Layer blueberries on top of the last layer of Greek yogurt.

STEP 8. Cover the bowl (or meal prep container as I'd recommend you use for this recipe) and put the dish in the fridge overnight or at least 4 hours to thicken and mold together.

STEP 9. Enjoy this delicious and super filling meal to start off your day or anytime you want to crush the ultimate sweet tooth!

RECIPE 04

Almond Butter Banana Overnight Proats

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
681	45	88	20	13

INGREDIENTS:

- Quick Oats – 80g
- Unsweetened Almond Milk – 10 Ounces
- Almond Butter – 16g
- Salted Caramel Flavored Whey Protein Powder (80-120 calories with 18-25g per scoop) (I recommend the Impact Whey by MyProtein, here's the link to get it: https://tidd.ly/2Le8QMm Use code ASEELVIP at checkout for big discount) – 1 Scoop
- 0% Fat Free Greek Yogurt – 113g
- Sliced Banana – 100g
- 0 Calorie Artificial Sweetener (optional) – 1 tsp

COOKING DIRECTIONS:

STEP 1. Include quick oats in a bowl, add unsweetened almond milk and cook in the microwave for 3 minutes and 30 seconds.

Bro Tip: Use a bigger bowl so the oatmeal doesn't spill over the side of the bowl when it cooks in the microwave!

STEP 2. Add salted caramel flavored protein powder in cooked oats and mix together.

STEP 3. Add almond butter, 0 calorie sweetener and sea salt (optional) and mix together.

STEP 4. Layer half the recipe serving of Greek yogurt on top of the cooked oat mixture.

STEP 5. Layer half the recipe serving of sliced banana on top of the Greek yogurt.

STEP 6. Layer the remaining recipe serving of Greek yogurt on top of the sliced banana.

STEP 7. Layer the remaining recipe serving of sliced banana on top of the last layer of Greek yogurt.

STEP 8. Cover the bowl (or meal prep container as I'd recommend you use for this recipe) and put the dish in the fridge overnight or at least 4 hours to thicken and mold together.

STEP 9. Enjoy this sweet and savory dish to kick start your day!

RECIPE 05

Apple Cinnamon Overnight Proats

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
634	43	79	18	12

INGREDIENTS:

- Quick Oats – 80g
- Unsweetened Almond Milk – 10 Ounces
- Cinnamon Cereal Flavored Whey Protein Powder (80-120 calories with 18-25g per scoop) (I recommend the Impact Whey by MyProtein, here's the link to get it: https://tidd.ly/2Le8QMm Use code ASEELVIP at checkout for big discount) – 1 Scoop
- 0% Fat Free Greek Yogurt – 113g
- Diced Apple – 100g
- Chopped Mixed Nuts – 14g
- Cinnamon – 1 Tsp
- 0 Calorie Artificial Sweetener (optional) – 1 tsp

COOKING DIRECTIONS:

STEP 1. Include quick oats in a bowl, add unsweetened almond milk and cook in the microwave for 3 minutes and 30 seconds.

Bro Tip: Use a bigger bowl so the oatmeal doesn't spill over the side of the bowl when it cooks in the microwave!

STEP 2. Add cinnamon cereal flavored protein powder in cooked oats and mix together.

STEP 3. Add 0 calorie sweetener and sea salt (optional) and mix together.

STEP 4. Layer half the recipe serving of Greek yogurt on top of the cooked oat mixture.

STEP 5. Layer half the recipe serving of diced apple on top of the Greek yogurt.

STEP 6. Layer the remaining recipe serving of Greek yogurt on top of the diced apple.

STEP 7. Layer the remaining recipe serving of diced apple on top of the last layer of Greek yogurt.

STEP 8. Sprinkle chopped mixed nuts on top of the diced apple and Greek yogurt layered proats.

STEP 9. Sprinkle cinnamon on top of the mixed nuts in the layered proats.

STEP 10. Cover the bowl (or meal prep container as I'd recommend you use for this recipe) and put the dish in the fridge overnight or at least 4 hours to thicken and mold together.

STEP 11. Enjoy this delicious and crunchy treat that will become one of your go-to favorites!

RECIPE 06

Chocolate Protein Pudding

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
404	55	41	2	4

INGREDIENTS:

- Chocolate Flavored Whey Protein Powder (80-120 calories with 18-25g per scoop) (I recommend the Impact Whey by MyProtein, here's the link to get it: https://tidd.ly/2Le8QMm Use code ASEELVIP at checkout for big discount) – 1 Scoop
- Sugar Free Chocolate Fudge Jell-O Mix – 22g (2 Servings)
- Fage Fat Free Greek Yogurt – 340g (1.5 Servings)
- 0 Calorie Artificial Sweetener (optional) – 1 tsp
- Sliced Strawberries – 50g
- Blueberries – 50g

COOKING DIRECTIONS:

STEP 1. Add Greek yogurt in a bowl and mix in sugar free chocolate fudge Jell-O mix and 0 calorie artificial sweetener (optional).

STEP 2. Add sliced strawberries and blueberries on top of the Greek yogurt mixture to garnish.

STEP 3. Enjoy this at any time of the day to get through any sweet tooth with ease!

RECIPE 07

Vanilla Protein Pudding

TOTAL CALORIES & MACROS:

CALORIES	PROTEIN (g)	CARBOHYDRATES (g)	FAT (g)	FIBER (g)
419	54	48	2	3

INGREDIENTS:

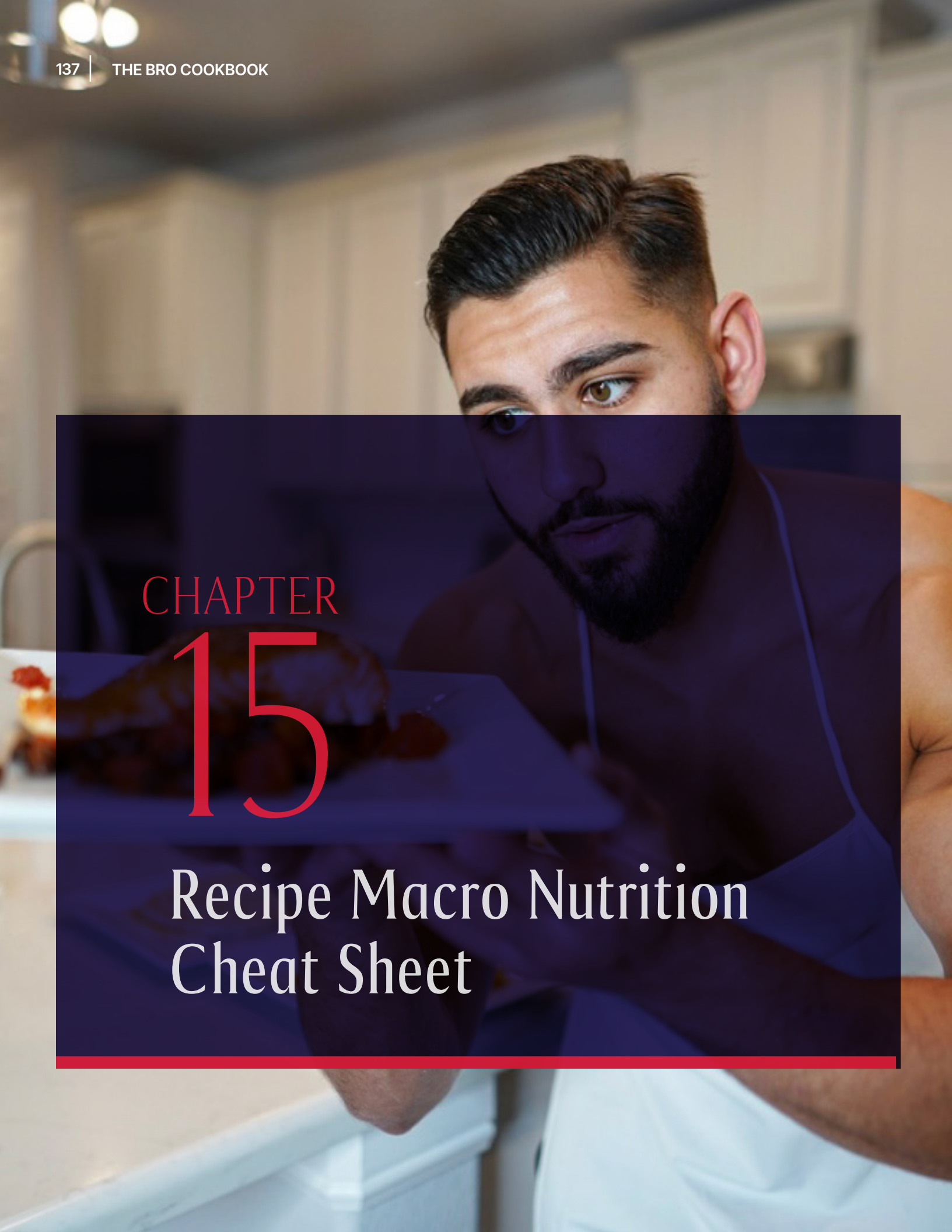
- Vanilla Protein Powder – 1 Scoop
- Sugar Free Vanilla Jell-O Mix – 16g (2 Servings)
- Fage Fat Free Greek Yogurt – 340g (1.5 Servings)
- 0 Calorie Artificial Sweetener (optional) – 1 tsp
- Sliced Banana – 100g

COOKING DIRECTIONS:

STEP 1. Add Greek yogurt in a bowl and mix in sugar free vanilla Jell-O mix and 0 calorie artificial sweetener (optional).

STEP 2. Add sliced banana on top of the Greek yogurt mixture to garnish.

STEP 3. Enjoy this quick and convenient dessert to crush the strongest sweet tooth!



CHAPTER

15

Recipe Macro Nutrition Cheat Sheet

Recipe #1: Chipotle Chicken Bowl / Page 12 / Chapter 3 / Calories: 697 / Protein: 53g / Carbohydrates: 69g / Fat: 22g / Fiber: 14g

Recipe #2: Ground Beef Burger Bowl / Page 13 / Chapter 3 / Calories: 616 / Protein: 59g / Carbohydrates: 41g / Fat: 23g / Fiber: 4g

Recipe #3: Ground Turkey Thanksgiving Bowl / Page 14 / Chapter 3 / Calories: 665 / Protein: 49g / Carbohydrates: 45g / Fat: 32g / Fiber: 14g

Recipe #4: Salisbury Steak Bowl / Page 15 / Chapter 3 / Calories: 552 / Protein: 57g / Carbohydrates: 15g / Fat: 31g / Fiber: 3g

Recipe #5: Saucy Salmon Bowl / Page 16 / Chapter 3 / Calories: 624 / Protein: 44g / Carbohydrates: 57g / Fat: 23g / Fiber: 6g

Recipe #6: Tilapia Bowl Slaw / Page 17 / Chapter 3 / Calories: 542 / Protein: 54g / Carbohydrates: 67g / Fat: 5g / Fiber: 9g

Recipe #7: Power Hour Bowl / Page 18 / Chapter 3 / Calories: 792 / Protein: 58g / Carbohydrates: 78g / Fat: 26g / Fiber: 17g

Recipe #8: Chicken With Potatoes & Bro-ccoli (Air Fried or Oven Baked) / Page 19 / Chapter 3 / Calories: 436 / Protein: 48g / Carbohydrates: 43g / Fat: 6g / Fiber: 7g

Recipe #9: Beef Or Turkey Patties With Potatoes & Bro-ccoli (Air Fried or Oven Baked) / Page 20 / Chapter 3 / Calories: 536 / Protein: 48g / Carbohydrates: 43g / Fat: 16g / Fiber: 7g

Recipe #1: Brotein Pancakes / Page 22 / Chapter 4 / Calories: 590 / Protein: 61g / Carbohydrates: 62g / Fat: 10g / Fiber: 8g

Recipe #2: Brotein Waffles / Page 23 / Chapter 4 / Calories: 590 / Protein: 61g / Carbohydrates: 62g / Fat: 10g / Fiber: 8g

Recipe #3: Broatmeal / Page 24 / Chapter 4 / Calories: 450 / Protein: 29g / Carbohydrates: 60g / Fat: 11g / Fiber: 9g

Recipe #4: Avocado Breakfast Burger / Page 25 / Chapter 4 / Calories: 541 / Protein: 52g / Carbohydrates: 23g / Fat: 24g / Fiber: 10g

Recipe #5: Avocado Egg Bowl / Page 26 / Chapter 4 / Calories: 481 / Protein: 44g / Carbohydrates: 19g / Fat: 25g / Fiber: 10g

Recipe #6: BROmelet / Page 27 / Chapter 4 / Calories: 430 / Protein: 56g / Carbohydrates: 16g / Fat: 15g / Fiber: 6g

Recipe #7: Bro Scramble (because omelets take skill to flip) / Page 28 / Chapter 4 / Calories: 391 / Protein: 56g / Carbohydrates: 20g / Fat: 11g / Fiber: 4g

Recipe #8: Breakfast Brorrito / Page 29 / Chapter 4 / Calories: 697 / Protein: 85g / Carbohydrates: 43g / Fat: 18g / Fiber: 14g

Recipe #9: Bro Breakfast Tacos / Page 30 / Chapter 4 / Calories: 567 / Protein: 42g / Carbohydrates: 57g / Fat: 20g / Fiber: 10g

Recipe #10: Pepper Eggs In A Hole / Page 31 / Chapter 4 / Calories: 330 / Protein: 37g / Carbohydrates: 12g / Fat: 15g / Fiber: 2g

Recipe #11: Brovocado Toast / Page 32 / Chapter 4 / Calories: 399 / Protein: 20g / Carbohydrates: 27g / Fat: 25g / Fiber: 14g

Recipe #12: Bro Breakfast Bowl / Page 33 / Chapter 4 / Calories: 715 / Protein: 57g / Carbohydrates: 55g / Fat: 29g / Fiber: 6g

Recipe #13: Yogurt Bro Bowl / Page 34 / Chapter 4 / Calories: 330 / Protein: 37g / Carbohydrates: 40g / Fat: 4g / Fiber: 5g

Recipe #1: Ground Beef or Ground Turkey Bro Burger / Page 36 / Chapter 5 / Calories: 319 / Protein: 31g / Carbohydrates: 21g / Fat: 9g / Fiber: 7g

Recipe #2: Kickin' Bro Bourbon Patties With Mashed Sweet Brotatoes / Page 37 / Chapter 5 / Calories: 660 / Protein: 54g / Carbohydrates: 52g / Fat: 8g / Fiber: 26g

Recipe #3: Loaded Brotato / Page 38 / Chapter 5 / Calories: 435 / Protein: 30g / Carbohydrates: 68g / Fat: 5g / Fiber: 7g

Recipe #4: Chicken Stir-Fry / Page 39 / Chapter 5 / Calories: 670 / Protein: 57g / Carbohydrates: 78g / Fat: 11g / Fiber: 5g

Recipe #5: Spaghetti And Meatballs / Page 40 / Chapter 5 / Calories: 709 / Protein: 74g / Carbohydrates: 55g / Fat: 23g / Fiber: 8g

Recipe #6: Chicken Fettucine Alfredo / Page 41 / Chapter 5 / Calories: 639 / Protein: 71g / Carbohydrates: 55g / Fat: 15g / Fiber: 11g

Recipe #7: Chicken Tenders / Page 42 / Chapter 5 / Calories: 495 / Protein: 67g / Carbohydrates: 21g / Fat: 12g / Fiber: 0g

Recipe #8: Pesto Pasta / Page 43 / Chapter 5 / Calories: 847 / Protein: 67g / Carbohydrates: 64g / Fat: 39g / Fiber: 15g

Recipe #9: Papa B's Brotein Chili (Cooked In Bulk) / Page 44 / Chapter 5 / Calories: 382 / Protein: 29g / Carbohydrates: 51g / Fat: 7g / Fiber: 12g

Recipe #1: Rice Cakes With Avocado And Sliced Tomato / Page 46 / Chapter 6 / Calories: 314 / Protein: 5g / Carbohydrates: 40g / Fat: 15g / Fiber: 8g

Recipe #2: Rice Cakes With Sliced Mozzarella And Tomato / Page 47 / Chapter 6 / Calories: 293 / Protein: 13g / Carbohydrates: 33g / Fat: 10g / Fiber: 1g

Recipe #3: Peanut Butter Banana Rice Cakes / Page 48 / Chapter 6 / Calories: 483 / Protein: 12g / Carbohydrates: 69g / Fat: 20g / Fiber: 4g

Recipe #4: Green Apple Cinnamon Almond Butter Rice Cakes / Page 49 / Chapter 6 / Calories: 438 / Protein: 10g / Carbohydrates: 64g / Fat: 18g / Fiber: 5g

Recipe #5: Chocolate Peanut Butter Sludge Rice Cakes / Page 50 / Chapter 6 / Calories: 450 / Protein: 26g / Carbohydrates: 56g / Fat: 15g / Fiber: 2g

Recipe #6: Sliced Apples With Peanut Butter Or Almond Butter / Page 51 / Chapter 6 / Calories: 294 / Protein: 8g / Carbohydrates: 36g / Fat: 16g / Fiber: 7g

Recipe #7: Celery Sticks And Carrots With Peanut Butter Or Almond Butter / Page 52 / Chapter 6 / Calories: 284 / Protein: 10g / Carbohydrates: 29g / Fat: 16g / Fiber: 9g

Recipe #8: Rice Cakes With Tuna / Page 53 / Chapter 6 / Calories: 292 / Protein: 23g / Carbohydrates: 32g / Fat: 6g / Fiber: 1g

Recipe #1: Banana Blueberry Protein Smoothie / Page 55 / Chapter 7 / Calories: 294 / Protein: 21g / Carbohydrates: 44g / Fat: 6g / Fiber: 7g

Recipe #2: Strawberry Banana Protein Smoothie / Page 56 / Chapter 7 / Calories: 292 / Protein: 21g / Carbohydrates: 45g / Fat: 5g / Fiber: 7g

Recipe #3: Strawberry Blueberry Protein Smoothie / Page 57 / Chapter 7 / Calories: 238 / Protein: 20g / Carbohydrates: 30g / Fat: 5g / Fiber: 6g

Recipe #4: Mixed Berry Almond Butter Protein Smoothie / Page 58 / Chapter 7 / Calories: 360 / Protein: 25g / Carbohydrates: 39g / Fat: 15g / Fiber: 13g

Recipe #5: Strawberry Peanut Butter Protein Smoothie / Page 59 / Chapter 7 / Calories: 330 / Protein: 24g / Carbohydrates: 35g / Fat: 13g / Fiber: 8g

Recipe #6: Blueberry Almond Butter Protein Smoothie / Page 60 / Chapter 7 / Calories: 296 / Protein: 23g / Carbohydrates: 26g / Fat: 14g / Fiber: 6g

Recipe #7: Banana Protein Smoothie / Page 61 / Chapter 7 / Calories: 235 / Protein: 20g / Carbohydrates: 32g / Fat: 4g / Fiber: 4g

Recipe #1: Egg Bro-rito / Page 63 / Chapter 8 / Calories: 342 / Protein: 47g / Carbohydrates: 27g / Fat: 7g / Fiber: 8g

Recipe #2: Bro Breakfast Tacos / Page 64 / Chapter 8 / Calories: 596 / Protein: 47g / Carbohydrates: 60g / Fat: 18g / Fiber: 12g

Recipe #3: Grilled Cheese / Page 65 / Chapter 8 / Calories: 230 / Protein: 31g / Carbohydrates: 20g / Fat: 2g / Fiber: 6g

Recipe #4: Bro Breakfast Pitas / Page 66 / Chapter 8 / Calories: 457 / Protein: 50g / Carbohydrates: 38g / Fat: 10g / Fiber: 20g

Recipe #5: Overnight Broatmeal Parfait / Page 67 / Chapter 8 / Calories: 658 / Protein: 36g / Carbohydrates: 80g / Fat: 25g / Fiber: 15g

Recipe #6: Turkey Bronini / Page 68 / Chapter 8 / Calories: 279 / Protein: 33g / Carbohydrates: 22g / Fat: 6g / Fiber: 6g

Recipe #7: Turkey Or Roast Beef Sandwich / Page 69 / Chapter 8 / Calories: 260 / Protein: 29g / Carbohydrates: 21g / Fat: 7g / Fiber: 7g

Recipe #8: Chicken Sandwich / Page 70 / Chapter 8 / Calories: 338 / Protein: 53g / Carbohydrates: 21g / Fat: 7g / Fiber: 7g

Recipe #9: Chicken Salad / Page 71 / Chapter 8 / Calories: 573 / Protein: 47g / Carbohydrates: 34g / Fat: 28g / Fiber: 7g

Recipe #10: Steak Salad / Page 72 / Chapter 8 / Calories: 549 / Protein: 51g / Carbohydrates: 17g / Fat: 30g / Fiber: 6g

Recipe #11: Cobb Salad / Page 73 / Chapter 8 / Calories: 631 / Protein: 59g / Carbohydrates: 15g / Fat: 35g / Fiber: 6g

Recipe #12: Chicken Wrap / Page 74 / Chapter 8 / Calories: 527 / Protein: 62g / Carbohydrates: 34g / Fat: 18g / Fiber: 12g

Recipe #13: Southwestern Steak Wrap / Page 75 / Chapter 8 / Calories: 684 / Protein: 72g / Carbohydrates: 49g / Fat: 24g / Fiber: 12g

Recipe #1: Chipotle Bowl / Page 77 / Chapter 9 / Calories: 718 / Protein: 64g / Carbohydrates: 75g / Fat: 17g / Fiber: 10g

Recipe #2: College Bro Bowl / Page 78 / Chapter 9 / Calories: 670 / Protein: 55g / Carbohydrates: 71g / Fat: 16g / Fiber: 9g

Recipe #3: Protein Cereal / Page 79 / Chapter 9 / Calories: 338 / Protein: 25g / Carbohydrates: 45g / Fat: 9g / Fiber: 7g

Recipe #4: Hard Boiled Avocado Broast / Page 80 / Chapter 9 / Calories: 399 / Protein: 20g / Carbohydrates: 27g / Fat: 25g / Fiber: 14g

Recipe #5: Chicken Drumsticks With Potato And Mixed Vegetables / Page 81 / Chapter 9 / Calories: 731 / Protein: 51g / Carbohydrates: 57g / Fat: 7g / Fiber: 33g

Recipe #6: Chicken Thigh Stir-Fry / Page 82 / Chapter 9 / Calories: 811 / Protein: 59g / Carbohydrates: 88g / Fat: 22g / Fiber: 5g

Recipe #7: Mexican Beef Bowl / Page 83 / Chapter 9 / Calories: 726 / Protein: 57g / Carbohydrates: 68g / Fat: 25g / Fiber: 15g

Recipe #8: Cheesy Eggs / Page 84 / Chapter 9 / Calories: 380 / Protein: 48g / Carbohydrates: 2g / Fat: 19g / Fiber: 0g

Recipe #9: Peanut Buter And Banana On Toast / Page 85 / Chapter 9 / Calories: 375 / Protein: 13g / Carbohydrates: 49g / Fat: 17g / Fiber: 11g

Recipe #10: Almond Butter And Cinnamon Apple On Toast / Page 86 / Chapter 9 / Calories: 365 / Protein: 12g / Carbohydrates: 46g / Fat: 19g / Fiber: 13g

Recipe #11: Tuna, Rice, Black Beans, Avocado And Salsa / Page 87 / Chapter 9 / Calories: 530 / Protein: 29g / Carbohydrates: 68g / Fat: 17g / Fiber: 14g

Recipe #12: Salmon, Rice, Black Beans, Olive Oil and Salsa / Page 88 / Chapter 9 / Calories: 511 / Protein: 31g / Carbohydrates: 59g / Fat: 17g / Fiber: 7g

Recipe #13: Ham Or Turkey And Cheese Veggie Rolls / Page 89 / Chapter 9 / Calories: 246 / Protein: 27g / Carbohydrates: 11g

/ Fat: 11g / Fiber: 2g

Recipe #14: Bro Breakfast Bagel / Page 90 / Chapter 9 / Calories: 611 / Protein: 42g / Carbohydrates: 61g / Fat: 19g / Fiber: 4g

Recipe #1: Ground Turkey Or Ground Beef Stuffed Bell Peppers / Page 92 / Chapter 10 / Calories: 851 / Protein: 80g / Carbohydrates: 92g / Fat: 17g / Fiber: 8g

Recipe #2: Cheese And Artichoke Stuffed Chicken Breasts / Page 93 / Chapter 10 / Calories: 477 / Protein: 76g / Carbohydrates: 15g / Fat: 8g / Fiber: 4g

Recipe #3: Mediterranean Chicken Skewers / Page 94 / Chapter 10 / Calories: 526 / Protein: 62g / Carbohydrates: 16g / Fat: 23g / Fiber: 5g

Recipe #4: Mediterranean Beef Skewers / Page 95 / Chapter 10 / Calories: 523 / Protein: 52g / Carbohydrates: 16g / Fat: 29g / Fiber: 5g

Recipe #5: Chicken Parmesan / Page 96 / Chapter 10 / Calories: 805 / Protein: 83g / Carbohydrates: 60g / Fat: 22g / Fiber: 4g

Recipe #6: Mediterranean Salsa Salad / Page 97 / Chapter 10 / Calories: 416 / Protein: 16g / Carbohydrates: 56g / Fat: 17g / Fiber: 14g

Recipe #7: Avocado Green Pasta With Ground Beef Or Ground Turkey Meatballs / Page 98 / Chapter 10 / Calories: 845 / Protein: 76g / Carbohydrates: 61g / Fat: 37g / Fiber: 12g

Recipe #8: Tomato, Garlic And Onion Chicken Eggplant Parmesan / Page 99 / Chapter 10 / Calories: 522 / Protein: 46g / Carbohydrates: 28g / Fat: 22g / Fiber: 2g

Recipe #1: Chocolate Peanut Butter Brotein Smoothie / Page 101 / Chapter 11 / Calories: 328 / Protein: 26g / Carbohydrates: 12g / Fat: 21g / Fiber: 3g

Recipe #2: Salted Caramel Almond Butter Brotein Smoothie / Page 102 / Chapter 12 / Calories: 328 / Protein: 25g / Carbohydrates: 11g / Fat: 23g / Fiber: 4g

Recipe #3: Banana Coconut Cinnamon Cereal Brotein Smoothie / Page 103 / Chapter 12 / Calories: 271 / Protein: 20g / Carbohydrates: 32g / Fat: 8g / Fiber: 4g

Recipe #4: Veggie And Berry Blend Brotein Smoothie / Page 104 / Chapter 12 / Calories: 237 / Protein: 22g / Carbohydrates: 25g / Fat: 6g / Fiber: 7g

Recipe #5: Almond Butter And Blueberry Spinach Brotein Smoothie / Page 105 / Chapter 12 / Calories: 250 / Protein: 24g / Carbohydrates: 28g / Fat: 6g / Fiber: 8g

Recipe #6: Fruity Cereal Berry Brotein Smoothie / Page 106 / Chapter 12 / Calories: 274 / Protein: 21g / Carbohydrates: 36g / Fat: 5g / Fiber: 7g

Recipe #1: Asian Beef Salad / Page 108 / Chapter 13 / Calories: 612 / Protein: 56g / Carbohydrates: 20g / Fat: 35g / Fiber: 5g

Recipe #2: Asian Salmon Salad / Page 109 / Chapter 13 / Calories: 597 / Protein: 44g / Carbohydrates: 42g / Fat: 30g / Fiber: 8g

Recipe #3: Avocado And Egg On Toast / Page 110 / Chapter 13 / Calories: 388 / Protein: 19g / Carbohydrates: 25g / Fat: 25g / Fiber: 13g

Recipe #4: Salmon Charcuterie Toast / Page 111 / Chapter 13 / Calories: 367 / Protein: 36g / Carbohydrates: 30g / Fat: 13g / Fiber: 7g

Recipe #5: Chicken Cobb Salad / Page 112 / Chapter 13 / Calories: 581 / Protein: 63g / Carbohydrates: 18g / Fat: 27g / Fiber: 6g

Recipe #6: Egg White Muffin Bites / Page 113 / Chapter 13 / Calories: 200 / Protein: 27g / Carbohydrates: 5g / Fat: 6g / Fiber: 2g

Recipe #7: Baked Salmon With Black Bean Salsa Salad / Page 114 / Chapter 13 / Calories: 585 / Protein: 43g / Carbohydrates: 29g / Fat: 32g / Fiber: 11g

Recipe #8: Beef And Quinoa Bowl / Page 115 / Chapter 13 / Calories: 724 / Protein: 58g / Carbohydrates: 61g / Fat: 25g / Fiber: 12g

Recipe #9: Beef And Zucchini Pasta / Page 116 / Chapter 13 / Calories: 602 / Protein: 59g / Carbohydrates: 13g / Fat: 34g / Fiber: 3g

Recipe #10: Chicken Lettuce Wraps / Page 117 / Chapter 13 / Calories: 565 / Protein: 51g / Carbohydrates: 28g / Fat: 34g / Fiber: 5g

Recipe #11: Beef Lettuce Wraps / Page 118 / Chapter 13 / Calories: 622 / Protein: 54g / Carbohydrates: 32g / Fat: 32g / Fiber: 7g

Recipe #12: Chicken And Feta Avocado Salad / Page 119 / Chapter 13 / Calories: 567 / Protein: 49g / Carbohydrates: 20g / Fat: 31g / Fiber: 9g

Recipe #1: Traditional Protein Pancakes / Page 121 / Chapter 14 / Calories: 540 / Protein: 54g / Carbohydrates: 61g / Fat: 8g / Fiber: 8g

Recipe #2: Chocolate Peanut Butter Protein Pancakes / Page 122 / Chapter 14 / Calories: 625 / Protein: 57g / Carbohydrates: 63g / Fat: 16g / Fiber: 9g

Recipe #3: Almond Butter Pumpkin Protein Pancakes / Page 123 / Chapter 14 / Calories: 620 / Protein: 52g / Carbohydrates: 66g / Fat: 17g / Fiber: 11g

Recipe #4: Traditional Protein Pizza / Page 124 / Chapter 14 / Calories: 270 / Protein: 29g / Carbohydrates: 36g / Fat: 4g / Fiber: 8g

Recipe #5: Meat Lovers Protein Pizza / Page 125 / Chapter 14 / Calories: 460 / Protein: 53g / Carbohydrates: 41g / Fat: 12g /

Fiber: 9g

Recipe #6: Chicken Barbecue Pineapple Protein Pizza / Page 126 / Chapter 14 / Calories: 395 / Protein: 51g / Carbohydrates: 45g / Fat: 5g / Fiber: 10g

Recipe #7: Brotein Lasagna (Cooked In Bulk) / Page 127 / Chapter 14 / Calories (Per 1/8 Slice): 275 / Protein (Per 1/8 Slice): 24g / Carbohydrates (Per 1/8 Slice): 26g / Fat (Per 1/8 Slice): 9g / Fiber (Per 1/8 Slice): 6g

Recipe #8: Baked Ziti / Page 128 / Chapter 14 / Calories: 805 / Protein: 86g / Carbohydrates: 70g / Fat: 23g / Fiber: 11g

Recipe #1: Greek Yogurt Bowl / Page 130 / Chapter 15 / Calories: 389 / Protein: 46g / Carbohydrates: 31g / Fat: 11g / Fiber: 7g

Recipe #2: Overnight Peanut Butter Parfait / Page 131 / Chapter 15 / Calories: 392 / Protein: 39g / Carbohydrates: 34g / Fat: 11g / Fiber: 6g

Recipe #3: Chocolate Peanut Butter Overnight Proats / Page 132 / Chapter 15 / Calories: 645 / Protein: 45g / Carbohydrates: 79g / Fat: 19g / Fiber: 12g

Recipe #4: Almond Butter Banana Overnight Proats / Page 133 / Chapter 15 / Calories: 681 / Protein: 45g / Carbohydrates: 88g / Fat: 20g / Fiber: 13g

Recipe #5: Apple Cinnamon Overnight Proats / Page 134 / Chapter 15 / Calories: 634 / Protein: 43g / Carbohydrates: 79g / Fat: 18g / Fiber: 12g

Recipe #6: Chocolate Protein Pudding / Page 135 / Chapter 15 / Calories: 404 / Protein: 55g / Carbohydrates: 41g / Fat: 2g / Fiber: 4g

Recipe #7: Vanilla Protein Pudding / Page 136 / Chapter 15 / Calories: 419 / Protein: 54g / Carbohydrates: 48g / Fat: 2g / Fiber: 3g

CHAPTER

16

Your Struggles Are Finally Over Bro

Your days of wondering what to eat and how to make it are finally over. You now have enough simple, effective, delicious and enjoyable recipes that will keep you feeling full, satisfied, satiated and energized. Being happy and healthy in the world of dieting can be one of the most difficult tasks if you don't have a proper game plan which is why The Bro Cookbook has been one of my most fulfilling missions to set out and create so nobody struggles in the kitchen when it comes to gaining lean muscle and losing body fat with ease.

None of the recipes or ingredients should be difficult to find and create no matter who you are or what your level of cooking skills are. Whether you're a recipe expert or professional takeout eater, you won't struggle one bit with these food creations.

Ever since I started documenting my fitness progress in the gym and especially in the kitchen, I've made it clear that my methods has been simple and straight to the point with training or cooking and my vision has stayed the same ever since the start. I would love to see your progress, food creations or general response to The Bro Cookbook and how it's changed your life in any sort of positive way so feel free to email contact@thebrocookbook.com with any testimonials so I can share them with the world! I'd love to personally see your progress and hear what you think.

CHAPTER

17

What You NEED To Do Now For The BEST Results GUARANTEED

The Bro Cookbook gives you more than enough recipes you'll ever need to feel fulfilled with your diet on a daily basis however you must keep in mind that every person individually needs a set number goal of calories to eat on a daily basis and more specifically a target protein carbohydrate and fat goal that is personally designed for your own body. **I HIGHLY RECOMMEND you get your calorie and macronutrient (protein, carb and fat target) routine from my Body Transformation Program which is a Members-Only App that gives you access to exactly how many calories, protein, carbs and fat you need to consume on a daily basis, here:** https://getstarted.aseelsoueid.com/ **Click that link and sign up to the program to get access to your own target calorie and macro goals, then use The Bro Cookbook to make recipes and meals to hit those specific calorie and macronutrient goals you're assigned after signing up to get them by click here:** https://getstarted.aseelsoueid.com/

Having access to both The Bro Cookbook and Calorie/Macro Program I offer here: https://getstarted.aseelsoueid.com/ Will give you absolutely everything you'll EVER need to GUARENTEE weight loss and muscle gain. If you want to eliminate any doubt or factors towards losing fat and gaining muscle, then pairing up these two together is your path to success with fitness.

You will also get access to your own personalized workout plan in the gym or at home by clicking here to join the program: https://getstarted.aseelsoueid.com/ The custom training plan will be designed to suit your exact schedule, preferred gym or home routine option, training level and body fat so it will pe the perfect plan completely tailored to YOUR OWN BODY.

There is now absolutely no reason for you to fail!

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